



**Enneagram Offerings in 2016**  
Cynthia Stevens and Sue Guttenstein  
at Strong Hollow  
4974 Fourth Line Acton, ON L7J 2L8

The workshops are both education and experiential with an emphasis on the latter. We believe that in exploring our types in a compassionate setting, both our strengths and weaknesses and our gifts and blind spots, and also being part of others' explorations is a profound way to learn. It is what has drawn us to the Narrative Tradition and has shaped our teaching.

We welcome all levels of experience in the Introductory Workshop. For the others, we welcome anyone who has some experience with the Enneagram and has a sense of their type. We are always open to conversations about this.

The cost of the workshops is \$75-\$100 or pay what you can. We want everyone who is interested to be able to learn and work with this wonderful system of self-exploration.

Feel free to contact either of us with questions or to register:

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**An Enneagram Day on the Defenses Mechanisms of our Types**  
May 28

On this day, we will explore with you the way we protect and defend ourselves when we are triggered (by fear, stress.) These well-adapted strategies are often hidden to us. Education and exposure to them can help bring awareness and then choice about something that can feel very automatic. Sometimes these are called defense mechanisms and they really are the glue that holds the structure together. Learning about your own strategy can make way for more freedom. Learning about other types' defenses can help us notice our loved ones' responses to stress or hardship and that can help us know how to be with them and to invite them into an opportunity to respond differently.

## **An Enneagram Day on Subtypes/Instincts and Relationships**

June 18

Even more basic than our type is our Subtype or Instinct. There are 3: self-preservation, sexual and social. Usually, one is dominant and affects what we emphasize within the filter of our type. On this day, we will explore these, helping people both to have a sense of what their dominant instinct is and how this shapes the expression of their type. We will also begin to look at how Subtypes and Instincts work in relationships.

## **Insights from the Enneagram: An Introduction**

September 17

The Enneagram is a spiritually dynamic system that enables us to understand ourselves. It describes 9 different “types” or patterns of thinking, feeling and behaving. Knowing our type can help us see our automatic way of reacting to the daily challenges of life. It can also help us see our core motivation and our deepest struggles, as well as how all of this impacts others. Sometimes what we learn is quite difficult, but we learn it in a way that creates a profound compassion for ourselves and empathy and understanding for others.

Sometimes what we learn is truly inspiring, because the Enneagram also helps us know our gifts and our greatest potential. By working with the insights it offers, we can be freer of our patterns and more able to live in our potential and serve our highest calling.

In this workshop, we will be teaching about the Enneagram and the nine types, but much of the learning will be experiential. The day will give the participants the opportunity to deepen their awareness of their own type structure, its positive gifts and strengths and its problem areas.

All levels of experience are welcome.

## **An Enneagram Day – *Deeper into Our Type***

October 15

On this day, we will focus on how the structure and patterns of our type show up in our habits of thought, in our automatic emotional responses and in our bodies. By bringing our awareness to these, we can begin to loosen the structure and have more choice in how we respond to people, experiences and importantly ourselves. The day will include some work with body sensations and so will introduce “Somatic” work.

## **An Enneagram Day on Subtypes/Instincts and Relationships**

November 12

Even more basic than our type is our Subtype or Instinct. There are 3: self-preservation, sexual and social. Usually, one is dominant and affects what we emphasize within the filter of our type. On this day, we will explore these, helping

people both to have a sense of what their dominant instinct is and how it shapes the expression of their type. We will also begin to look at how Subtypes and Instincts work in relationships.