



The Enneagram and You: A Workshop

The enneagram is a personality tool to enable you to know yourself better, understand others better, and communicate, influence and build relationships with others with greater skill.

- As we understand the strengths and concerns of our personality better, we learn how to operate more effectively and fulfil our potential
- At the same time, we are much more than our personality which we can think of as the outer shell, much like the clothes we wear.
- The enneagram accelerates our connection with the deepest part of ourselves, or essence and values, and when we come from this place, we naturally operate in more fulfilling and effective ways.

Why learn the Enneagram?

We each have unique gifts, and reactive habits...small ways we get in our own way' and limit our potential to use our gifts. We see with others, the ways they show up and respond to challenges has a direct correlation to the impact they have. Can we see ourselves this clearly? This understanding can come through the "school of hard knocks" but that's the hard way. After using dozens of tools, and seeing value in them all, we've come to have a special appreciation for the enneagram tool as a vehicle to accelerate this awareness of ourselves.

What we cover?

- Strengths and weakness of each type – you will learn from each other
- The ways we get caught up when fearful, embarrassed, or angry...how we can recognize this is happening (these patterns are always apparent to others, only sometimes to ourselves) – compassion for self and others
- Inner coaching strategies we can adopt to redirect us to our best capabilities – how to work with others during conflict



Why this enneagram seminar?

The way we often learn best is experientially – think learning to ride a bike, swim or ski – you ultimately don’t learn only by watching videos or hearing others talk – you learn by getting up, getting involved, and moving. This program is designed to have you involved and learning from one another, and in this way, you retain information and can keep learning on your own.

Who are the leaders?

Michael Naylor is a warm, knowledgeable facilitator and a foremost teacher of the enneagram tool in the US and internationally, including work in prisons and addiction centers. Judith Anderson is founder of A&R Consulting, now in its 26th year, and leadership coach for executives and teams around the world. She uses the enneagram in practical and pragmatic ways to show others how to have greater impact in the world. As a client said recently: *“The enneagram tool has been instrumental in my ability to lead, including my willingness to take on challenges rather than stew over them out of concern about making them worse.”*

Join us for this opportunity:

The Enneagram and You

June 10th and 11th, 2017

- 9-5 Saturday
- 2-5 Sunday

55 George Street, Allendale, NJ

Cost: \$195 – register by May 1 to guarantee spot

Email Enneagram_and_You@AndersonRust.com or call +1-201-934-5151 with questions.



REGISTRATION FORM

Name: _____

Email Address: _____

Mailing Address: _____

Phone: _____

Payment

Check enclosed

Call (201) 499-7270 for credit card processing

Mail to: Anderson & Rust
625 Franklin Tpke
Allendale, NJ 07401

For more info: Philomena Casey: (908) 512.5540
casey914@verizon.net or Judith Anderson (201) 934.5151
JudithAnderson@AndersonRust.com