

# ENNEAGRAM:

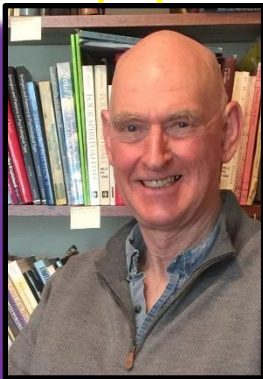
## DISCOVERING YOUR INNER COMPASS

23 September 2017

9:00 – 4:00

Waterloo Kitchener United Mennonite Church  
15 George St, Waterloo N2J 1K6

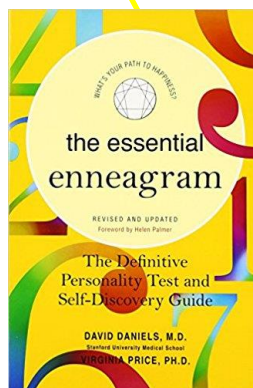
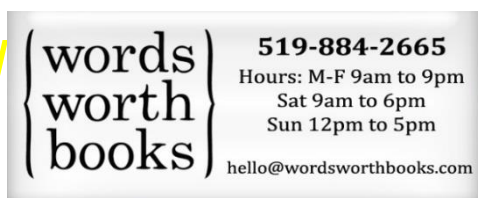
Are you interested to more deeply understand yourself and what is guiding your energy and passions? The Enneagram is a powerful tool to bring what you value into your life. In this workshop, participants will discover their Enneagram type and how these insights can be practically applied in everyday relationships, work and school.



Dr. Christopher Ross, psychologist and former Associate Professor of Psychology and Religion at WLU, has many years experience studying and applying the Enneagram. With his positive and engaging style, Dr. Ross facilitates interactive, reflective and practical workshops that provide participants with insights and tools to live into their full potential.  
[www.ChristopherRoss.pro](http://www.ChristopherRoss.pro)

### The Essential Enneagram by David Daniels

The workshop will reference **The Essential Enneagram** which will provide helpful background and supplementary resources. Books can be purchased in advance or at the workshop from Words Worth for 20% off.



**\$85** early bird  
before September 1st

**\$95** includes

the Riso-Hudson Enneagram Type Indicator (RHETI) test, materials, lunch & breaks

**TO REGISTER:**

[www.ChristopherRoss.pro/register](http://www.ChristopherRoss.pro/register)

or contact: [JenHelmuth@gmail.com](mailto:JenHelmuth@gmail.com)

An Enneagram diagram, a circle divided into nine triangles, with a yellow circle in the center. The triangles are colored in various shades of purple, blue, and green. Yellow lines radiate from the diagram across the top of the page.

# ENNEAGRAM:

## DISCOVERING YOUR INNER COMPASS

### By the end of the workshop, participants will:

- Know their leading Enneagram type and possible “wings”
- Understand how the Enneagram can be used as a tool for personal growth
- Have several strategies specific to their type to apply immediately in their life
- Know resources for further exploration

### What to expect....

- |       |   |
|-------|---|
| 9:00  | Introductions & Vision of the Enneagram |
| 9:45  | Exploring the “Body-Centered Types”     |
| 10:45 | Break                                   |
| 11:00 | Exploring the “Heart-Centered Types”    |
| 12:00 | Lunch                                   |
| 1:00  | Exploring the “Head-Centered Types”     |
| 2:00  | Q&A                                     |
| 2:15  | Break                                   |
| 2:30  | Application to Real Life (in groups)    |
| 3:15  | Report Back & Conclude at 4:00          |

### WORKSHOP PHILOSOPHY

This experiential workshop will involve exploration of each of the nine types of the Enneagram. Participants will have the opportunity to talk about their experiences of personality in various aspects of life. Through this type of sharing we more fully understand our own and each other's perspectives and motivations. The day will include individual dialogue, small group discussions and Q&A in the large group. Christopher Ross is an experienced facilitator creating a safe environment of trust and respect which allows for mutual exchange of ideas as we explore our selves.

A purple starburst graphic with a black outline, containing the text "Hassle free!".

Hassle free!

### Workshop includes:

Online RHETI Type Tool

Healthy Lunch & Breaks

Parking

Easy online payment