



The Enneagram Discovery Workshop

Two Days

Facilitated by
Grahame Morgan-Watson
Enneagram Institute Authorised Teacher

The Enneagram Discovery Workshop

Two Days 9:30 am to 5:30 pm

We are often mystified by the behaviours or attitudes of other people. We may even surprise ourselves, when we do or say something that we consider to be out of character.

The desire to understand ourselves and others can arise from such occasions. The personal benefit can be to avoid conflicts and habitual reactions that we later regret or cause stress.

The Enneagram Discovery Workshop is designed to help you understand the Riso-Hudson insight approach and how to find your dominant Enneagram type.

It will provide you with tools and insights to help you confirm your own type, and help others who may be beginning to seek how to discover their own type.

Discovering ones own type is one of the most valuable part of working with the Enneagram as it supports 'self observation'

Telling someone else the type you think they might be denies this journey and awakening, and often is only supporting our own projections or self-importance. That is not to say we cannot coach others to find their type, so this workshop will provide some of the most important building blocks of 'what-has-to-be-true' for type assessment.

If you are in the arena of coaching people or just like to encourage people to learn about the Enneagram, this workshop will be invaluable.

In this workshop you will discover...

What opens and connects us with our three centres of intelligence. We see how each of the nine domains represent a disconnect and distortion of from true nature.

All nine domains are within us, and accessible to us when we bring balance and harmony to our mind, body and spirit. To experience the real qualities of our being requires attention, kindness and compassion to our personal fears, disappointments and defences.

The Levels of Development is the corner stone of the Riso-Hudson Insight Approach. Along with the Directions of stress and Integration , this workshop reveals their importance in determining your dominant Enneagram type.

We see how coming to know our 'centre of gravity' within the Enneagram Levels of Development, can be a useful measure of our capacity to stay present and free from habitual reactivity.

We explore two correlations within the nine types that can lead to misidentification. The Hornevian group reveals the social styles of each domain and what takes us away from being fully present to other people in our lives. **The Harmonics** group helps us understand how we can avoid potential conflict and improve relationships.

The Passions and Virtues have been the foundation of the traditional Enneagram teachings. There is an Alchemic process for transforming our consciousness from lead to gold.

We work with these two dynamics to help participants understand the significance of using the Enneagram in your personal growth and transformation.

This workshop includes enquiry, observance , movement and music to help participants understand these energies for themselves. We will see how the Enneagram provides a clear path toward real change and transformation as a psycho-spiritual continuum



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See web-page for next workshop and prices

www.MetaMe.co.uk/enneagram_discovery_workshop.htm

Venue The Vault, Rudgwick,
West Sussex, UK

Book online or

Tel: +44 (0) 1403 823 283

Email: info@metame.co.uk



**Grahame Morgan-Watson; is an
Enneagram Institute Authorised
Teacher,**

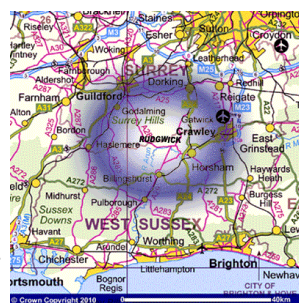
Founder of MetaMe, Riso-Hudson
Certified Enneagram Teacher Hons.

Authorised Nine Domains Facilitator, Master
Practitioner of Neuro-Linguistic Programming (NLP).
INLPTA Certified NLP Trainer . Certified Consultant -
Trainer of Language And Behaviour (LAB) Profile .
Graduate of The Feldenkrais Method®, Student of
Ridhwan UK

What previous participants say....

*I enjoyed the way our experiences were then used
as illuminators for the theoretical information”
Jean Wolfe “Surprisingly powerful, especially if
you are looking to include all quadrants, lines,
levels states and TYPES” Tom Olliver “Grahame
'breathed' the Enneagram and brought a wonderful
variety of stories, creative materials and panache to
the workshop, Brilliant” Patty Horrocks An
immensely inspiring weekend” Eiluned Jones*

The Vault is our exclusive private room, especially designed to host our work in of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP . The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods. There is a co-op in the village for sandwiches, or we recommend picking up something from M&S foods in Cranleigh Village, about 10 minutes drive north.



Location

20 Miles South of Guildford and 10 miles West of Horsham, in West Sussex, Southern England. 35 minutes by car from London Gatwick Airport & one Hour 15 minutes from London Heathrow Airport. Nearest Rail Station, Horsham. Taxi coast around £18. each way.

Accommodation choices are available on our web site : Participants will be sent full directions prior to attending. Local Bed and Breakfast accommodation start from £30. per night within a 7 minute drive. The nearest recommendations for people without a car; Mucky Duck 01403 822300 from £67. or Linacre Lodge 01403 823522, both around £70. per night and about 4 minutes drive.



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Booking Form and Policy

The Enneagram Discovery Workshop

Date _____

Name

House

Address

County

Town

Post Code

Home Telephone

Mobile Telephone

Email

Please provide contact information for additional delegates or if you wish to be invoiced differently from the above address.

- Early Bird discounts only apply where a booking and deposit is made by the date stated
- Bookings will only be secured with a 20% deposit
- The balance must be paid 14 days prior to the event commencement date.
- Deposits are not refundable after 14 days, unless by arrangement with MetaMe. However, payments may be carried over to another workshop by arrangement with MetaMe.
- In the event MetaMe have to cancel a workshop, all workshop payments made will be refunded in full. MetaMe cannot be held responsible for any additional losses incurred from this action.
- A Bursary is granted to people who are in full time education, OAP's in retirement and people who are unemployed. Places are limited and MetaMe reserve the right to withdraw any offers or extend the criteria subject to application and advanced notice.
- Further discounts and special offers do not apply to Bursary bookings.
- MetaMe reserve the right to change prices without prior notice

Cheques Payable to METAME.

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