

# Step into Success! Break out of the Box! Build your Strengths! PLAY BIG!!!

## Enneagram Introduction and Typing Session: A fun-filled, high impact workshop for everyone!

Get to know yourself and your friends on a new level with the Enneagram. Experiential, interactive, and engaging; expect insights, awareness and laughter!

### Expected Results:

- Discover the Enneagram system of personality types
- Identify your own Enneagram type
- Understand the strengths of all nine Enneagram types and see why they matter
- Gain self-awareness in how your type influences your every day life
- Learn new strategies for self-development
- Have FUN!!!

### This workshop is recommended for:

- Anyone on the path of personal development and growth
- Groups of all sorts – community-based, spiritual, service-oriented and common interest – that want to deepen their understanding of themselves and others
- Enneagram enthusiasts who are looking for an introductory workshop
- People who want to know themselves on a deeper level

#### *What participants have said about the workshop:*

"The Enneagram System has been one of the most powerful, comprehensive and meaningful professional growth experiences in my career." - *Dr. Steve Titus, Ph.D., College President*

"I have a new perspective on my personality and learning that I can apply to all areas of my life." - *Melissa O'Brien, Life Coach*

#### *About the Enneagram:*

The Enneagram (any-a-gram) system is a map of nine ("ennea" means nine) fundamental personality types and serves as a proven and highly effective tool for the development of personal awareness and emotional intelligence. The nine types have unique and complementary ways of thinking, feeling, and acting in the world. Determining our Enneagram type is the first step in developing effective ways of collaborating with others that really work.

#### *About the workshop leaders:*

**Andrea Glavas**, has nearly 20 years of professional experience working with small businesses. She is trained in the Enneagram by Ginger Lapid-Bogda Ph.D. and Dr. David Daniels, Ph.D. She received her training in Co-Active Coaching and Leadership through the Coaches' Training Institute (CTI). She is dedicated to sustainable training through experiential methods and serves as a leadership trainer, business consultant and strategic organizer.

**Matt Ahrens**, MBA, founder of Solution Points, is an OD consultant specializing in experiential training, executive coaching, and leadership development with nearly 15 years of corporate experience in organizations such as Levi Strauss & Co., Hewlett Packard, and Intuit, Inc. Colleagues and clients find Matt personable, insightful, wise and compassionate and, at times, humorous (but don't tell him; we don't want it to go to his head!

#### For further information:

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