



MINNESOTA
International
Enneagram Association



Spring Workshop

April 18, 2020

Registration 8:30 a.m., Program 9:00 - 4:30

Morning hot drinks and lunch will be provided.

Carondelet Center - Dining Room

1890 Randolph Ave., St. Paul, MN

Honoring Authentic Relationships

with Sandra Smith, MDiv.

All of us experience healthy relationships in our lives. How are we engaging and what, exactly, are we doing to support relationships working well? In other relationships, we find ourselves repeating patterns that limit our full relational potential. The emotional maturity necessary for our primary relationships is cultivated by our willingness to be aware, honest, and intimate with ourselves. Healthy relationships emerge when we can be present with what is in ourselves and in the other.

Using the Enneagram System and concepts and questions from Stephen Wolinsky's book, *Intimate Relationships*, this workshop weaves experiential exercises together with questions and group discussion to engage the mind, heart, and body in exploring ways to create and honor authentic relating. Authenticity is key in creating relationships that are mutually supportive and satisfying. And, a separate self is crucial in forming healthy relationships. Participants will engage in practices to support a separate self and, in Enneagram type groups, discuss how we go on automatic and disengage from relating. We'll leave with a "next step" for a more authentic relationship with self and with others.

"Once you can see the other in present time as a human being, expectations diminish and the essential quality of acceptance increases." -Stephen Wolinski

Sandra Smith, MDiv., is a Certified Narrative Tradition teacher, an Enneagram consultant, an IEA Accredited Professional and a Spiritual Companion. Sandra teaches the Enneagram throughout North America as a tool for personal and professional development and spiritual growth. In 2018, Sandra and a colleague created a podcast, ***Heart of the Enneagram***, to explore dimensions of the nine unique personality types through interviews with guests. The podcast has received over 200,000 downloads in 80 countries. Sandra has also co-authored the podcast companion book: ***Heart of the Enneagram: A Companion for Deepening Personal and Spiritual Growth***.

Join Mn-IEA and register by April 1st to receive the best price!

Early Registration (through April 1st):

MN IEA Members - \$125 / Non-Members - \$175

Regular Registration from April 2-17 (Deadline):

MN-IEA Members - \$150 / Non-Members - \$200

NOTE: Limited scholarships are available. Contact membership@mn-iea.org.

To register or for more information, visit our website at www.mn-iea.org