

THREE KEYS –THE WORK

An experiential workshop for deep change

April 20 & 21 2012 in Haarlem, The Netherlands (near Amsterdam).

What if there were a way to handle ALL of your old baggage/issues/programming and permanently end their influence on your life?

Well, there is. And we're bringing it to you!

Have You Ever Wondered:

- Is it possible for me to truly handle unresolved issues?
- How come traditional Therapy and Coaching cannot seem to help me make the changes I want?
- There are things I know I want to change, but I cannot seem to!
- How will I ever truly become who I'm meant to be?
- I learnt about regression and being triggered – but what can I DO about it?
- I think some things from your past simply cannot be resolved. Right?

...WRONG! In the Three Keys workshop we learnt WHAT the issues were – now we are going to HANDLE them.

About the Workshop:

This workshop will be fully experiential (no lecture or theory) – come prepared for two days of very intensive, deep emotional work!

The Three Keys approach developed by Pat Wyman is outlined in her groundbreaking book "Three Keys to Self-Understanding". It combines the best elements of various disciplines, including affective therapy, MBTI, Enneagram, generative trance, NLP, coaching and bodywork.

This approach directly tackles the underlying emotional and bodily roots of issues such as depression, addiction, lack of intimacy, and feelings of loneliness and inadequacy. It is best suited to people who have done some personal work already and are seeking a fundamental shift in their personal development.

During the workshop Pat will guide participants through a variety of experiential exercises using guided imagery, bodywork, artwork and music, designed to connect you with your core self, discover unresolved family issues, reconnect with your feelings, identify unmet needs and show you how to move forward.

You will experience how very effective this work is in removing deeply-rooted barriers to a healthier, happier and more purposeful life. In other words: you know that one thing you've always wanted to handle? The behaviour you cannot seem to change, the relationship stuff you keep repeating, the work problem you keep encountering.... (You know what it is, don't you?)

Bring it. Get rid of it. Move on.

PLEASE NOTE: This work will be VERY intensive and deep – make sure you plan a day of rest afterwards. There will be 2-3 fully trained Three Keys practitioners present to assist participants 1:1 if necessary, it is also strongly recommended you have someone lined up back home to continue working with once you leave the workshop. A list of qualified practitioners will be provided if you do not have someone in mind.

Practical information:

Registration: For more information and to register please email Mirjam van Roon at mvanroon@cobaltcoaching.com or contact me on +31 6 18178740.

Pre-requisites: Participants are advised to become familiar with the Three Keys material and know their type combination – you will get more out of this workshop if you have taken a Three Keys to Self-Understanding workshop prior to this (there is one scheduled right before the Intensive, see www.cobaltcoaching.com/Three_Keys.pdf). If you have not, you may spend some time with Pat before the workshop to determine your type; this can be in person or by phone, there will be charge for this, please contact me for more info.

Investment: € 495 (excl. VAT); this includes coffee, tea and all materials. Payment is due upon registration and is non-refundable after April 1st. In case you are unable to attend you may substitute another person at no extra charge.

Register before March 1st 2012 and pay only € 445 (excl. VAT) – a 10% discount!
Register for BOTH workshops in April and receive a 10% discount on your total fee – on top of the Early Bird price!

Location: The workshop will take place at the Golden Tulip Lion d'Or Hotel in Haarlem, The Netherlands, see <http://www.goldentulipliondor.nl/>. It is right by Haarlem train station and there is (paid) street parking as well as a parking garage within 100m. The picturesque centre of Haarlem is within a 5 minute walk – a great place for lunch! There are a few rooms available at a discounted price of €117 per night; make sure you mention the workshop when booking and do book soon if you wish to stay there as they expect to sell out that week due to the annual flower parade.

Other: Dress is casual and comfortable – you will be moving around, drawing, getting in touch with your feelings – please dress to accommodate that.

You will not be required to share any more than you are comfortable sharing with other participants and there will be 1:1 assistance available during and right after the workshop each day. Note: this is by far the most powerful inner work available, please be aware you will not be “done” after the 2 days – for complete and sustainable change you will likely need to continue doing the work with a qualified professional.

About Us:



Pat Wyman is a therapist in private practice specializing in Inner-child Therapy. She is an internationally recognized expert on the combined use of the MBTI and the Enneagram. In addition, she is adjunct faculty Rockhaven Ecozoic Center; adjunct faculty APTi presenting a course online; adjunct faculty of CAPT and formerly adjunct faculty of St. Louis Community College; book published by CAPT, “Three Keys to Self-Understanding: An Innovative and Effective Combination of the MBTI, the Enneagram and Inner-Child Healing.” More on Pat can be found at <http://www.patwyman3keys.com>.



*This workshop is brought to you by **Mirjam van Roon**, an experienced executive coach and long-time MBTI practitioner who thought she knew herself well – until she met Pat! More about Mirjam can be found at www.cobaltcoaching.com.*