

THREE KEYS TO SELF-UNDERSTANDING

Using the MBTI and Enneagram for Understanding Self and Others

April 17 & 18 2012 in Haarlem, The Netherlands (near Amsterdam).

Have You Ever Wondered:

- What triggers people to behave in unproductive ways?
- What are the underlying factors that cause me to act out of character?
- There are things about my clients/coworkers that simply do NOT fit their MBTI type. Is that just random or is there another system at work?
- How come people with the same MBTI type respond so differently in stressful situations?
- I sometimes feel I have conflicting needs inside me – what can I do about that?
- How do I “grow myself back up” when I regress after being triggered?

This workshop will answer these questions, and more!

About the Workshop:

This workshop introduces a unique and effective approach to **unlocking** your core self and **understanding** the origin of internal conflicts resulting in unwanted behaviors.

It is based on therapist **Pat Wyman's** ground-breaking book *Three Keys to Self-Understanding* and uses experiential exercises such as guided imagery, group process, lecture, and a multitude of examples from case histories to move participants through their own process of self-discovery.

The workshop assumes a basic understanding of the Myers-Briggs Type Indicator (MBTI); participants who do not have this need to attend an introductory evening or afternoon on this topic separately (see below).

Pat will introduce the Enneagram system as a model for the defense systems we use under stress and will show how the two personality typing systems operate and interact in an individual. Each participant will be able to determine both their MBTI and Enneagram type and will receive a chart showing their particular interaction.

Experienced MBTI Type users will benefit greatly from the workshop: you will learn how the defense part of the personality can influence the expression of type or even obscure one's true type. In each workshop we have seen experienced MBTI-ers change their minds about their true type!

Experienced Enneagram users will see their instrument in a whole new light and will benefit from the additional information gained by using the two personality systems together.

Just being aware of the two systems at work will allow you to see if someone's defenses are kicking in and give you some tools to bring them back to their core self. As one participant said – the 3 Keys are a way of finally making sense of the immense complexity of human functioning!

Learning Outcomes:

- You will learn the reasons for internal conflicts and confusing or irrational behaviours
- You will understand the major impediments to good communication
- You will learn how to spot the emotional defense tactics of yourself, your clients, direct reports and others, so you can choose to stay detached and objective and respond in the most resourceful way possible
- You will learn that you can shift yourself back to a more resourceful state when you are triggered
- You will strengthen the relationship with yourself and begin to see yourself in a whole new (positive) light

While this workshop is intended for your own personal growth it will also be of practical use to professionals working with clients in a coaching or therapeutic setting. You will acquire some practical tools you will be able to use right away.

Please note the number of places is limited so reserve your place today!

Preliminary Program Outline:

<u>Tuesday April 17, 10 AM to 5PM:</u>	<u>Wednesday April 18, 9AM to 5PM:</u>
<ol style="list-style-type: none"> 1. Explanation of the 3 Keys model 2. Brief review of MBTI temperaments 3. Experiential exercise to access MBTI/core self 4. Introduction to Enneagram as a defense system. 5. How the two systems interact within you: specific examples of different combinations. 	<ol style="list-style-type: none"> 1. Explanation of the role the Defense part of the personality plays in decision making, communication problems and interpersonal relationships. Clarifying exercises. 2. Individual diagrams and discussion 3. Practical application of the diagrams: exercises and imagery 4. Uncovering of your subconscious programming and learning how to gain control over your defense system - make it work for you instead of allowing it to control you!



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.

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.

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! Find out more about the Inner Work workshop here:
http://www.cobaltcoaching.com/Inner_Work.pdf

Participants who would like to refresh their MBTI knowledge (or who have not done MBTI before) are invited to an introductory session for only € 100 (excl. VAT); including materials; these sessions will be scheduled in consultation with the participants.

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 dinner! 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 as they expect to sell out that week due to the flower parade.



On Saturday evening Haarlem will host the annual Flower Parade, a colourful ending to 2 days of learning, see www.bloemencorso-bollenstreek.nl for more info.

Haarlem is 15 minutes by train from Amsterdam, 30 mins from Schiphol and there is also a direct fast bus from Schiphol Airport (about 30 mins).



Haarlem is only a 20 minute drive from Keukenhof, the famous Dutch flower park (www.keukenhof.nl). April is flower season in Holland, do come and see the amazing colours!

We look forward to seeing you in April!!