



# Moving Beyond the Mental Patterns of Your Type

**Saturday, June 12, 2021**

**9:00 am - 2:30 pm AZ/PDT**

**Online via Zoom | \$125**

AEA Membership Discounts / Young Adult Rate Apply

Are you ready to free yourself from your personality's automatic, reactive behaviors? The first step is to become aware of your habitual, often unconscious patterns. Reality is far more and our choices greater than what our filters are allowing into our experience.

That is the heart of the work that we do in this interactive workshop as we examine the mental patterns of Type. Through teachings, exercises, practices and dialogues you will learn:

- The mental pattern (Fixation) of your Type
- How to open your focus to a broader view of reality
- The relationship between your Fixation and your behavior

And that means:

- Greater freedom of experience and understanding of self and others
- Some "space" from which to respond instead of reacting out of habit
- More presence to your life and experiences
- Adjust and be more flexible in your approach and defuse potential conflicts

**MORE INFORMATION / REGISTRATION**



Jaye Andres is a certified Enneagram Professional (Narrative Tradition) and a certified Life Coach. She is one of the founders of the Arizona Enneagram Association, served as President of the board and is currently AEA Executive Director. Jaye has lived and worked internationally, in Thailand, Zambia and Rwanda. She holds degrees in Psychology and Business (MBA).

[arizonaenneagram.org](http://arizonaenneagram.org)