



building conscious community

AEA 2019 WORKSHOP

**FRIDAY
JUNE
8**

9 AM – 4 PM

**\$95
Includes
Lunch and
Materials**

MOVING BEYOND THE DEFENSES OF YOUR TYPE

— FEATURING —

Jaye Andres MBA, Life Coach

**CrossRoads United Methodist Church
7901 N. Central Avenue, Phoenix, AZ 85020**

Join Us . . .

Have you ever had the experience of becoming triggered and reactive by what others do or say? Of course you have! Everyone does – probably multiple times a day. And – you’ve probably heard that your reactivity is more about you than the circumstance itself.

So what does that mean and what do you do about it? The first step is to become aware of what you are feeling and to understand what is underneath your trigger (things like how you view yourself, what you feel you need to be/do/have, what your particular defense mechanism is and how it manifests for you behaviorally.) The Enneagram shows us 9 very distinct patterns of defense. Once you become aware of your pattern, you can take steps to move beyond reaction into response.

Through teaching, meditations, dyad and group interactions, you will learn:

- ▶ The pattern of your type and how it manifests for you
- ▶ What drives your defensiveness
- ▶ Techniques and processes to help you observe and loosen your reactivity

The benefits of those learnings are:

- ▶ Increased presence to what actually is, instead of what you imagine
- ▶ Improved communication (with yourself and others)
- ▶ More ease and balance in your life . . . and less stress



Jaye Andres has degrees in Psychology (B.Sc.) and Business (MBA). She also holds certifications in the Enneagram (narrative tradition) and Life Coaching.

Jaye served on the AEA board for six years and is currently AEA Executive Director. Jaye has lived and worked internationally, having been a Peace Corps volunteer in Thailand and worked for seven years with USAID in Zambia and Rwanda.

As a life coach, consultant and workshop facilitator, her passion is to assist others in raising their self-awareness and move past limiting beliefs & habits to live a fuller, freer, richer and more peaceful life.



**REGISTER
TODAY**

ArizonaEnneagram.org

— OR CALL —

**Sheila Grant
602-888-1381**

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