



building conscious community

AEA 2019 WORKSHOP

**SATURDAY
APRIL
27**

9 AM – 5 PM

**\$95
Includes
Lunch and
Materials**

9 SHADES OF SHAME

— FEATURING —

Linda Kriesel M.A., L.P.C.

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

Join Us . . .

for this experiential workshop to explore how shame is experienced and expressed by each of the nine Enneagram Types. Shame is an emotion that is powerful, insidious and debilitating. It can take us hostage, robbing us of our essence and arresting the development of our authentic self. Shame is complex and can wear many masks.

Through teachings, meditation, music, movement, poetry, group interaction and panels you will learn:

- The differences between, shame, guilt, humiliation and embarrassment
- How shame originates
- How each Enneagram Type experiences shame: in thought, emotions and body
- Shame reduction techniques and recovery tools

Note

This is an expanded version of a Meetup that Linda presented for the AEA that was our most popular Meetup to date. The workshop will go into considerably more depth than was possible in a 1-1/2 hour Meetup.

Workshop Benefits

- ▶ Have the ability to identify your unique experience with shame
- ▶ Acquire an awareness of the characteristics of your shame spiral
- ▶ Increase compassion for yourself about the origins of your shame
- ▶ Develop your capacity to interrupt your shame attack; empowering you to move towards healing and the development of your authentic self



Linda Kriesel M.A., L.P.C. has been practicing the art of psychotherapy for over 40 years. Her original training was psychodynamic and over time has complimented her work with the extensive study of family origin, dream work, mindfulness and now with great respect the enneagram. She offers individual, adolescent, couples and group psychotherapy as well as consultation to family-owned businesses, medical practices, and CEO's of Fortune 500 companies.

She is also recognized as a keynote speaker, has conducted weekend workshops and facilitated week long intensives. Some of the topics of presentations have included: The Pursuit of Happiness, The Many Faces of Shame, The Power of Birth Order, The Significance of Family of Origin Roles, Addiction Recovery and most recently The Nine Shades of Shame and the Enneagram. She believes in the healing power of relationships and feels it is a privilege to be alongside of those clients who come through her door.



**REGISTER
TODAY**

ArizonaEnneagram.org

— OR CALL —

**Sheila Grant
602-888-1381**

THE ARIZONA ENNEAGRAM ASSOCIATION (AEA)
IS A 501(c)3 NONPROFIT ORGANIZATION DEDICATED
TO CONTINUING AND EXPANDING ENNEAGRAM PROGRAMS



SHARE THE ENNEAGRAM WITH FRIENDS

JOIN OUR MAILING LIST
To Receive Latest Updates

Send Your Email Address To
Info@ArizonaEnneagram.org