


What Participants are saying about *Exploring the Enneagram* workshops with Kira MacDuffee and Edward Colley:

Nine Expressions of Being: Two-Day Introductory Workshop

- *It is powerful and life changing. It was a great workshop and I feel very grateful and hope I can bring this into my daily world.*
- *Really confronting and helpful to see the truth about self. I saw a lot of new pieces of myself. It was also really helpful to understand others in my life.*



EXPLORING THE
ENNEAGRAM

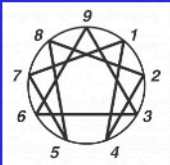
NINE EXPRESSIONS OF BEING
TWO-DAY INTRODUCTORY WORKSHOP
WITH EDWARD COLLEY, M.A. CCC AND KIRA MACDUFFEE, M.ED., RCC

Utilizing a combination of lecture and experiential elements, this two-day workshop will introduce participants to this ancient map, the 9 energies of the enneagram within each of us, an understanding of your dominant personality type, and how knowledge of this psycho-spiritual model can transform your relationship with yourself, others and the world.

Whether you are new to the enneagram or wish to inquire more deeply into the mystery of who you are, this workshop is for you.

TIME: MARCH 6TH & 7TH, 9AM - 5PM
LOCATION: 1412 BROAD STREET, VICTORIA, B.C.
COST: \$145 (INCLUDES GST)

To register please contact:
Kira MacDuffee at 250-858-6736
kira@openingworks.com or
Edward Colley at 250-686-4603
doorway@edwardcolley.com
\$40 non-refundable deposit required
Space is limited so register soon!



- *Take it!*
- *I would definitely highly recommend this workshop: A Must!*
- *A really great way to learn about yourself and those close to you... learn about inner motivations, pathologies, healthy behaviours. Learn to be healthier.*
- *It's a great introduction to spark one's interest in going deeper into the Enneagram.*
- *Both [Kira and Edward] delivered an incredible workshop, with so much support and relevant information. There was good clarity and opportunity to learn and ask questions and to share my experience.*

- *Take it! It helps to understand one's self and to understand others. It's enlightening and comforting. Thank you for giving me insight to myself, my sense of being.*
- *Be open to the possibility that all this information is relevant to you.*
- *Great workshop if you want to gain a new understanding/appreciation for the energies/motivations that are moving you in your life. It will add depth to the understanding of yourself, your relationships and others.*

Review of January 30th, 2010 one-day workshop [which has since become *Nine Expressions of Being: Two-Day Introductory Workshop*]:

Rekindling a Love Affair with the Enneagram
Posted by S.M., Ontario, Canada

"In self-development work it seems to me that people often fall in love with the first assessment tool that offered them some insight. The Enneagram is that tool for me. This model of nine worldviews and ways of focusing attention was the first window that allowed me to see that how I was in the world made sense in the larger scheme of things. At the same time it held up a mirror so that for the first time I understood the concept of "blindspot" and how mine played out in my thinking and behaviour.

During a recent visit to Victoria British Columbia I attended an Introduction to the Enneagram workshop hosted by Kira MacDuffee and Edward Colley. Both Kira and Edward use the Enneagram as a lens in their work with clients as Clinical Counsellors so they have an intimate familiarity with the model.

While their presentation was chock full of useful and practical applications of the the model what I appreciated most was just how grounded their teaching was in the deeper meanings offered by the Enneagram. One of the things that initially appealed to me about the Enneagram was illustrated by the respectful approach taken by my first teachers. Kira and Edward made a point of setting the training in a historical context and helping us make the distinction between finding our type as an orientation – a home base and using it as yet another way to excuse or restrict ourselves. They reinforced the importance of not using the model label but rather to understand possible dynamics between essence qualities and how our personality acts to compensate for loss of connection with that essence quality.

The participants in the workshop responded to this approach willingly engaging in exercises designed to mark out how aspects of the various types are alive for each of us. One woman, an Enneagram Four expressed the impact of taking an online Enneagram assessment, "When I got my Enneagram results it was one of the few times I'd felt seen and by a computer at that!"

The reminder that the Enneagram is a map of how we have lost our connection to our central nature, a look at our strategy to avoid pain was enough to remind me why I fell in love with it in the first place. It has helped me develop compassion for myself and others.

Thank you Kira and Edward"