

Enneagram with Emily



Emily Wingfield is passionate about guiding others towards increased compassion, decreased frustration and improved relationships through learning the Enneagram. When she is not teaching this powerful tool of transformation, she is a wife and mom to Kyle, Charlie (13), Owen (10) in Atlanta, GA.

SOCIAL STYLES WORKSHOP • 1 HOUR, 30 MINUTES

Your Social Style does not mean how you look and act at a party. Your Social Style is how you go about getting your needs met. Our Social Styles also correspond to our Orientation to Time and our Repressed Center. Some people are:

- Assertive and move boldly through life (Future Oriented; Feeling Repressed)
- Compliant and want reassurance and approval from others to make sure they are doing what is expected of them (Present Oriented; Thinking Repressed)
- Withdrawing from engagement to look inward and ponder situations (Past Oriented; Doing Repressed)

This is a very easy teaching for everyone to grasp yet it is also incredibly powerful. People will immediately begin to notice these things in themselves and others.

Team Takeaways

- a list of characteristics to look for in co-workers or clients, that will decrease frustration and improve the relationships
- awareness of the healthy and unhealthy traits people use as they go about getting their needs met
- an understanding of the motivations behind people's behaviors
- a better understanding of the dynamics within the team

LEARNING THE ENNEAGRAM WILL:

Increase your compassion ● Decrease your frustration ● Improve your relationships