

# Enneagram with Emily

CUSTOMIZABLE WORKSHOPS  
FOR YOUR GROUP

Meet 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 (12), Owen (9) in Atlanta, GA..

## Workshop Options

- 1 SOCIAL STYLES • 1 HOUR, 30 MINUTES**  
Your Social Styles does not mean how you look and act at a party. Your Social Style is how you go about getting your needs met. Some people are Assertive and move boldly through life; some people are Compliant and want reassurance and approval from others to make sure they are doing what is expected of them; some people Withdraw from life to look inward and ponder situations. 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.
- 2 ENNEAGRAM OVERVIEW • 4 HOURS (INCLUDES WORKING LUNCH)**  
Typical schedule below; start time can be changed.
  - > 9:00 - 9:30 • Introductions (It helps for me to meet each person and they share something about themselves. Usually, I can weave what they shared into the teaching later in the day.)
  - > 9:30 - 10:00 • Enneagram framework
  - > 10:00 - 10:45 • Enneagram 8, 9, 1
  - > 10:45 - 10:55 • break
  - > 10:55 - 11:40 • Enneagram 2, 3, 4
  - > 11:40 - 11:45 • break
  - > 11:45 - 12:30 • Enneagram 5, 6, 7
  - > 12:30 - 1:00 • working lunch, receiving test results, Q&A
- 3 INDIVIDUAL ENNEAGRAM SESSIONS • 1 HOUR**  
I teach hourly sessions over Zoom for any individual that wants to learn more about their Enneagram type or explore how their Enneagram type influences their work and personal life.

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## Team Takeaways

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

## Additional Details

- > the proposal is priced per person so it can be adjusted according to signups.
- > the presentation includes extensive handouts for each participant.
- > the Enneagram Overview proposal includes the administration of the RHETI Enneagram test. Participants will take the test ahead of time and then I will pass out the results at lunch. Regarding the test links: I will purchase the test links and send them to all of the attendees and keep up with who has filled it out. (I purchase the links through a business account and can see from my end who has completed the test). The test takes about 30 minutes to complete. During lunch I will hand out the results and then after my presentation I will send each attendee the individualized 18 pages of explanation and information (that is all very informative and useful information) which is included in each of their RHETI test results.

### LEARNING THE ENNEAGRAM WILL:

Increase your compassion ● Decrease your frustration ● Improve your relationships