



ENNEA GRAM INTRO DUCT IONS

info
packet

ENNEAGRAM INTRODUCTIONS

ABOUT THE ENNEAGRAM

The Enneagram is a personality typing system that combines spiritual wisdom and modern psychology to describe 9 distinct, dynamic ways of being in the world. Each type is characterized by habitual, patterned responses and unique motivations that arise from how one thinks, feels, and behaves. The Enneagram doesn't "put us in a box" but rather shows us the box we've been living in and maps a way out of it.

ABOUT THE CLASS

Are you interested in learning more about yourself and your loved ones?

In being a better version of yourself?

In having healthier relationships?

Are you ever perplexed by yourself, loved ones, or coworkers?

Are you ready to explore deeper levels of spiritual practice?

If you answered "yes" to any of these questions, the Enneagram could be a valuable tool for you! *Enneagram Introductions* is a beginner-level study on the value of self-knowledge and the role of personality in our relationships with one another, our own selves, and the world at large. In this workshop, we'll explore the Enneagram as a map that can help guide us – with both insight and practical strategy – along the path of personal growth and transformation.

ABOUT THE TEACHER

Sarah Duet is an artist and communicator who has studied the Enneagram for 10 years and is currently a candidate for certification as an Enneagram teacher in *The Narrative Tradition*. With over 250 hours of workshop training, over 100 hours of teaching experience, and countless hours of personal study under her belt, Sarah works with individuals and communities to share basic Enneagram wisdom in hopes to foster increased self-awareness, empathy, and the capacity for healthier relationships. Sarah graduated from Centenary College of Louisiana in 2011 with a BA in Communications and has a decade of experience in church, non-profit, and freelance work. Learn more at sarahduet.com.

WHAT PEOPLE ARE SAYING

"This has changed my relationships and work more than any other personality class, and I was an Interpersonal Communications major! Sarah is awesome. She presents the information with casual intelligence, subtle wit, and enormous enthusiasm!"

–Kalena H, 2018 (Edmund, OK)

"Great delivery and awesome material..." —Vickie Y, 2018 (Shreveport, LA)

WHAT TO EXPECT

The workshop will occupy 7-8 hours of time and can be done in any of the following 3 formats: 2 day, 1 day, or 4 weekly gatherings. The structure will be as follows:

- Pt. 1: Introduction to Self-Knowledge & the Enneagram — 1-1.5 hrs.
- Pt. 2: Gut Triad (#s 8,9,1) — 1.5-2 hrs.
- Pt. 3: Heart Triad (#s 2,3,4) — 1.5-2 hrs.
- Pt. 4: Head Triad (#s 5,6,7) — 1.5-2 hrs.

The teaching style will be conversational and offer many opportunities for questions and discussion. Sarah will bring her own microphone and PA equipment. Additional audio/visual needs that the host must provide are simply a room with internet access and a TV monitor with an HDMI input (or a Mac-compatible projector and cables).

For 1 and 2 day formats especially, it is great if the host/venue can have simple snack/drink options and/or a lunch provided to help keep people fueled and comfortable throughout the event.

INCLUDED: Each participant will receive their own 40-page interactive workbook that accompanies the curriculum (pictured below)...



INVESTMENT

My **fee structure** for the workshop is as follows:

- Less than 20 people = \$750
- 20-50 = \$1000
- 50-75 = \$1500

**If attendance exceeds 75 participants, an additional \$5 per additional person will be added to the fee to cover the cost of materials.*

There are *many* ways to cover the fee, and I'm open to whatever works best for the hosting community. Here are some ideas, though I am open to others if you have any:

1. Have a hosting organization(s) provide the full fee as an honorarium
2. Charge participants a registration fee
 - Ex. \$35 X about 30 people=\$1000 / \$50 x 20 people= \$1000 / \$75x about 15 people...etc.
 - A small amount per person can be added to cover hospitality costs for the host if desired
3. A combination of the 2
 - Ex. host pays a base amount as honorarium, so registration fee can be lower for participants
 - Ex. host pays full fee & charges participants an amount of their choosing to help replenish costs

***Travel and lodging costs for events more than 100 miles outside Shreveport, LA, are the responsibility of the host.*

****If this looks overwhelming or unrealistic, please talk to me and we can try to work something out. I'd always rather teach than not, if at all possible.*

OTHER

- **Promotion**
 - Sarah will provide social media graphics & a PDF file that can be printed by the host with which to promote the event. (These files will be delivered via email 30-60 days before the event.)
 - The host is responsible for local promotion via their website, social media outlets, word of mouth, personal invitations, etc. unless otherwise discussed/agreed. Sarah will promote to her followers and personal connections in your area.
- **Payment Agreement**
 - If host will pay by honorarium, checks should be made payable to *Sarah Duet, LLC* and are to be delivered upon arrival at the event.
 - Sarah will send a W-9 (if applicable) and official contract to host when event date/details are agreed upon between the 2 parties.

- Sarah can do ticketing through her website and/or send an online transaction request if preferred by the host. Transaction fees will be added to the workshop fee in this case.
- A \$250 deposit is required to reserve the event date. The remainder of the fee will be due at the completion of the event.

CONTACT

- Name: Sarah Duet
- Email: sarah@sarahduet.com
- Phone: 985.856.2403
- Website: sarahduet.com
- Instagram: @sarah_duet
- Twitter: @sarah_duet
- Facebook: facebook.com/sarahduet

Don't hesitate to contact me with any questions you might have! I look forward to speaking with you soon.

-Sarah Duet