



*"Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace." - William James*

## Mastery Skills for Communicating



The shocking fact is that most of us are unconscious of 80% of what we do, think and say. We are not aware of our defenses, our emotional reactions, our beliefs and habits.

Why is this so important? Because these unconscious forces are running our lives!

When we're not aware, we stay stuck in patterns that limit our ability to enjoy life to the fullest.

**The Enneagram** is a powerful personality system that allows you to identify your strengths and your limiting habits! It can answer the questions to:

- Why do so many other people think differently than I do?
- What thought patterns do I focus on?
- How can I communicate to others and really be heard?
- Why do some people really push my buttons?
- Why are some relationships so "easy"?
- Why do I have such difficulty communicating to my kids or spouse or work colleagues?
- How can I be me and have less stress around my relationships?

We all have the ability to ease some of the stresses in our lives - sometimes we just need new tools and awareness!

The real question is - are you ready to take the action steps to make a difference for you?

**Price:**  
\$225 + GST per person  
Earlybird price \$199 + GST if registered before May 23, 2008

Includes refreshments and class materials.



**Contact:**  
Karen Armstrong  
Inside Out 905-836-2781  
[www.in-side-out.com](http://www.in-side-out.com)

### Next Workshop Dates (limited space available):

Thursday July 10th, 7pm - 10pm  
Saturday July 12th, 10am - 5pm

**Matrix Repatterning Centre**  
33 Victoria St., Aurora

*Inside Out*