



**Working
Women's
Network
Grenoble**

WWNG Presents:

**Enneagram Jump Start:
Drop Your Defenses,
Free Up Your Energy
and Be Your Best Self!**

Save the Date: September 25, 2010 / 8:30 a.m. - 1:00 p.m.

Would you like to free up some energy to be more effective at work and bring more joy into your life? Do you wish you better understood how your interactions with people can give you energy or drain you of it?

Wendy Appel of Confluence Consulting International will show us how the Enneagram can help us do just that. First, we'll discover our Enneagram type using 'typing cards' developed by Wendy. Then we will learn about defense patterns for all nine types and how they divert our focus and drain our energy--AND the way to be free of these patterns in order to be our best and most authentic selves.

Don't waste your energy trying to manage time, take a more *sense-able* approach and focus on managing your energy!



Facilitated by Wendy Appel of
Confluence Consulting International
(www.confluence-ci.com)

with an introduction by
Amy Cannata, holistic therapist.
Wendy is a cultural anthropologist,
consultant, public speaker and author
specializing in human and organizational
change and transformation. She is also
a global citizen who has lived in the U.S.,
Denmark, Spain and is now working out of
sunny Mallorca. Wendy has been using the
Enneagram as a tool for change for 18 years
and was a keynote speaker at the European
Enneagram Conference.



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Jump start your 'new year' with practical insights!

[Join us Saturday, September 25, 2010](#)

8h30 - Welcome coffee

9h00 - 13h00, with a (drink & snack) break around 11h00

Grenoble Ecole de Management, 12 rue Pierre Semard, Tram B stop Palais de Justice, room A306

[Attendance fee:](#) - 30€ for non-members, plus a 10€ materials* fee

- **free for current WWNG members**, plus a 10€ materials* fee

[To register:](#)

1) Send an email to Amy at waterfallwellness@me.com including your name, address, phone number and state whether or not you are a current WWNG member.

Don't forget to renew your WWNG membership before you register in order to take advantage of the lowest fee for this professional seminar!

2) Mail your check for either 10€ (current WWNG members) or 40€ (non-members), made out to WWNG, to:

Amy Cannata
24 rue Jean Prévost
38000 Grenoble

You will receive an email confirming your registration once your payment is received.

[Registration deadline: September 21, 2010](#)

* The materials fee covers your set of 'typing cards' developed by Wendy which we will use during the seminar and which you will take home with you to continue your Enneagram adventures!