

3rd and 4th February 2020
Starting at 10.00am on 3rd February
and concluding at 4.00pm on 4th February 2020.

Early bird before 16th December 2019
3.600,- DKK plus 25% VAT
After 16th December 2019
4.480,- DKK plus 25% VAT
(includes lunch and refreshments during the 2 days)
Limited seats. Maximum 15 participants

Each participant will receive a copy of the book
'Working with Emotional Health and the Enneagram'

*It is assumed that participants for this workshop
have either attended the Global Leadership Foundation
3-day Enneagram Immersion workshop or
have prior knowledge and experience in
the world of emotional health and the Enneagram*

You can [book online here](#)

Contact Gayle (0417 036 634)
or Malcolm (0419 309 300)
if you have any questions or
would like further information about the workshop

Location: [Heart2Lead](#) are hosting this workshop
and they are located in Gentofte about 20 minutes
by S-train from Copenhagen Central Station.

Address: Høeghsmindevej 93, DK-2820 Gentofte
Please contact Bente Boe

(+45 26183965 or boe@heart2lead.com)

if you have any questions about registration, payment etc.

Development Paths to Building Emotional Health

*A focus on Psychological and Somatic Development
using the Enneagram*

Join Gayle Hardie and Malcolm Lazenby
on this 2-day workshop designed on the basis of their book
'Working with Emotional Health and the Enneagram'

Moving up the emotional health levels cannot be achieved
by simply 'thinking' about doing so.

There are fundamentally two pathways of development
that supports moving up the health levels:
- The psychological and the somatic.

This workshop covers both aspects,
along with the 'imbalance of the 3 centres'
which provides a connection between
these two pathways.

Development Paths to Building Emotional Health

A focus on Psychological and Somatic Development using the Enneagram

Given the complexity of human personality, it is not surprising that there are numerous perspectives we can draw on to support us in our journey of self-discovery and vertical development.

Moving up the emotional health levels cannot be achieved by simply 'thinking' about doing so. Central to increasing our emotional health are:

- Developing our 'inner observer' to become increasingly aware of your automated responses and their impact on others.
- Understanding how we respond and react in different circumstances such as being stressed or feeling secure or not having our needs met.
- Consciously choosing and taking development paths that move us towards lower self-centeredness, a high degree of behavioural freedom and in turn, whole body thinking and presence.

There are fundamentally two pathways of development that support this: The psychological and the somatic.

This workshop covers both aspects, along with the 'imbalance of the centres' which provides a connection between these two pathways.

Diving deeply into the relationships between the three centres and each of the Enneagram types, we explore how these change with emotional health levels and how we can use this knowledge to refine our development paths.

The Facilitators

Gayle Hardie and Malcolm Lazenby have explored and worked with the Enneagram from the late 1990s. Authors of 'Working with Emotional Health and the Enneagram' (2019) and 'The Emotionally Healthy Leader' (2016), they have combined their learning and business experience into unique and transformative approaches to leadership and culture using the Enneagram.

Their focus on leadership development has always included a solid somatic element and both bring significant expertise and experience in delivering a strong experiential approach to the programs they offer.

Their learning, development and experience in the psychological and somatic areas has been enhanced through engaging with several specific Enneagram teachers - Russ Hudson and (the late) Don Riso, Andrea Isaacs and Ginger Lapid-Bogda.

They are recognised for their work in applying Emotional Health and the Enneagram in personal, leadership, team and cultural transformation and facilitate workshops on these topics globally. They are also invited to speak annually at International Enneagram Association Conferences in Europe, Asia and North America.