

3KEYS TO SELF-UNDERSTANDING A powerful approach for effective & sustainable personal change

3Keys Introductory Workshop May 11. & 12, 2019 in Belgrade, Serbia.

3Keys empowers clients to overcome recurring challenges and to make decisions from a place of connection with their authentic selves, providing them with effective tools to do so for life. 3Keys combines an affective right brain approach, cognitive analysis techniques and action plans. The 3Keys work could be suited for you, if you feel that the time has come to go deeper inside and tackle the more fundamental patterns of your life. Because you are successful in your career, but feel you lose too much energy in your work. Or you want to

- Boost your personal or professional development; you feel there is room for more growth and happiness;
- Manage stress or stress-related problems like feeling tired, exhausted or fighting burn-out;
- Solve problems that compromise your health and happiness such as recurring conflicts, dysfunctional relationships, and depression or toxic behaviours;

If one or more of these statements apply to you or you are curious about the 3Keys work, please feel welcome to attend our Introductory Workshop.

Introductory Workshop

During the 3Keys Introductory Workshop Pat Wyman, US therapist and developer of the 3Keys model, will address the difference between one's "core self" (the strong, resourceful, centered part we all have which is profiled by the Myers-Briggs Type Indicator (MBTI®)) and one's "defense system" (what we do when we are stressed, uncomfortable or scared which is profiled by the Enneagram). She then shows how to know which part is running your life (or that of your client/employee/spouse/child) at any moment and how to shift back when you are triggered. Just being aware of the two systems at work will allow you to see if someone's defenses are kicking in and give you some tools to bring them back to their core self. While this workshop is primarily intended for your own personal growth it will also be of practical use to professionals working with clients or children in a coaching or therapeutic setting. You will acquire some practical tools you will be able to use right away.

Workshop Outcomes

- You will be given an overview of the 3Keys model, a working understanding of the MBTI® and the Enneagram and an awareness of the roles of these two typing systems in personality structure.
- Each participant will be able to determine both their MBTI® and Enneagram type and will receive a chart showing their particular interaction.
- You will learn the reasons for internal conflicts and confusing or seemingly irrational behaviours
- You will learn how to spot the emotional defense tactics of yourself, your clients and others, so you can choose to stay objective and respond in the most resourceful and effective way possible
- You will meet some of the 3Keys Practitioners

Preliminary Program Outline

| Saturday May 11 th (10 ⁰⁰ - 17 ⁰⁰) | Sunday May 12 th (10 ⁰⁰ - 17 ⁰⁰) |
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| <ol style="list-style-type: none">1. Presentation of the 3 Keys model2. Introduction to the MBTI® personality instrument3. Experiential exercises to access core self4. Introduction to Enneagram and its role as your defense system. | <ol style="list-style-type: none">1. How MBTI® and Enneagram interact; specific examples of different combinations2. Individual diagrams and discussion3. Practical application of the diagrams: exercises and imagery4. Uncovering an example of your own subconscious programming and learning one way to gain control over your defense system. |

Practical information

Investment: € 50; this includes coffee, tea, snacks and all materials. Payment is due upon registration and is nonrefundable after April 1st. In case you are unable to attend you may substitute another person at no extra charge.

Early Birds: Register before March 1st 2019 and pay only € 40 (excl. VAT)

Location: The exact location of the workshop will be published later

Registration: To register please email Milica Prorocic Dokovic at milicaprorocic@yahoo.co.uk or contact her on +381 641230462.

About us

Pat Wyman has been a therapist in private practice specializing in deep emotional healing for more than 25 years. She is an internationally recognized expert on the combined use of the MBTI® instrument and the Enneagram. Her book is published by CAPT, "Three Keys to Self - Understanding: An Innovative and Effective Combination of the MBTI®, the Enneagram and Inner - Child Healing." More on Pat can be found at www.patwyman3keys.com.

This workshop is brought to you by the
3Keys International Organization,
www.3keysinternational.org
3Keys: Affective Work for Effective Change