



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

3Keys Introductory Workshop April 5 & 6, 2019 in Haarlem, The Netherlands (near Amsterdam).

About 3Keys

3Keys work 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 work 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, for instance, 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, 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.

About the Workshop

During this 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

Friday April 5 th (10 ⁰⁰ – 17 ⁰⁰)	Saturday April 6 th (10 ⁰⁰ – 17 ⁰⁰)
<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.

If you want to learn more about your own subconscious programming and how it affects your life, if you want to experience the 3Keys work and what it can do for you, or if you consider starting the 3Keys work with a practitioner but are not fully convinced that it suits you, you are welcome to join the Experiential Workshop on April 12 & 13 2019, see xxx

Practical information

Investment: € 495 (excl. VAT); this includes coffee, tea, snacks and all materials. Payment is due upon registration and is non-refundable after March 1st. In case you are unable to attend you may substitute another person at no extra charge.

Early Birds: Register before February 1st 2019 and pay only € 445 (excl. VAT)

Private payees: There will be a limited number of spaces for private individuals (who are not funded by an employer or their own company) at a discounted cost of **€ 250** (incl VAT). Please note these are first come, first serve.

Location: The workshop will take place at Villa Dreefzicht, Fonteinlaan 1, 2012 JG in Haarlem, The Netherlands and will be easy to reach by car (free parking) and public transport.

Registration: To register please email Ilona Brook at ilonabrook@hotmail.com or contact her on +31 6 1872100.



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