



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

3Keys Experiential Workshop April 12 & 13, 2019 in Haarlem, The Netherlands (near Amsterdam).

### About the Workshop

This workshop will be fully experiential (no lecture or theory) – come prepared for two days of very intensive, deep emotional work. Participation of this workshop is recommended for those who want to experience the 3Keys work and what it can do for you. Or if you are considering starting the 3Keys work with a Practitioner but are not fully convinced that it suits you. Or if you want to learn more about your own subconscious programming and how it affects your life.

The workshop will be presented by Pat Wyman, and several 3Keys Practitioners will be present to provide 1:1 assistance when necessary. During the workshop Pat will guide participants through a variety of experiential exercises using guided imagery, bodywork, artwork and music designed to connect you with your core self, discover unresolved subconscious issues, reconnect with your feelings, identify unmet needs and show you how to move forward.

You will experience how very effective this work is in removing deeply-rooted barriers to a healthier, happier and more purposeful life. In other words: You know that one thing you've always wanted to handle? The behaviour you cannot seem to change, the relationship problems you keep repeating, the work challenges you keep encountering....

*Bring it. Get rid of it. Move on.*

### Practical information

Pre-requisites: Participants need to be familiar with the 3Keys material and know their type combination, as covered during the Introductory “Three Keys to Self-Understanding” workshop. Please note: The Introductory Workshop is scheduled the week before and you **MUST** have attended it first.

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

*Early Birds*: **Register before February 1<sup>st</sup> 2019 and pay only € 445 (excl. VAT)**

Location: The workshop will take place in Haarlem, The Netherlands and will be easy to reach by car (free parking) and public transport. We will meet both days from 10-17 hrs (coffee at 09:30) and have a break for lunch. Detailed joining instructions will be sent out a few weeks before the workshop.

Class size: There will be a minimum of 4 and maximum of 12 participants; when the workshop is full you will be placed on a waiting list in the order of payment received.

**Please Note:**

- You will not be required to share any more than you are comfortable sharing with other participants
- There will be 1:1 assistance available during and right after the workshop each day.
- Dress is casual and comfortable – you will be moving around, drawing, getting in touch with your feelings – please dress to accommodate that.
- This work will be intensive and deep – We strongly advise you to plan a day of rest afterwards.
- Please be aware you will not be “done” after the 2 days – for complete and sustainable change, we strongly advise that you continue the work with a qualified professional.

**Registration:** To register please email Anke Zindler at [anke.zindler@outlook.com](mailto:anke.zindler@outlook.com) or contact her on +31 6 29485642.

**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](http://www.patwyman3keys.com).

This workshop is brought to you by the 3Keys International Organization, [www.3keysinternational.org](http://www.3keysinternational.org)

**3Keys: Affective Work for Effective Change**