



I'm Meagan Connley, a trauma-informed Integrative Somatic Coach based in the greater Cincinnati area. In addition to my MBA and 12 years of corporate analytics and consulting experience, I have over 200 hours of Enneagram training through IEA accredited programs, and am also certified in Somatic Trauma Therapy, Brené Brown's Dare to Lead curriculum, PSYCH-K®, Yin Yoga, Breathwork, and Diversity, Equity, and Inclusion.



219-877-4318



meagan@presencewithlove.com



www.presencewithlove.com

Meagan Connley | Presence with Love

Certified Enneagram Facilitator

My Approach to the Enneagram

The Enneagram is a tool for remembering our wholeness. It reminds us of our gifts and how to be more present in our true selves. Through clear and kind teaching, I use the Enneagram to highlight how we get stuck and ways we defend ourselves, so that together we can bring compassionate awareness to our patterns in service of our individual and collective growth.

Enneagram for Teams

Introductory 3 Hour Workshop

The base package offering includes:

- Thoughtful & experiential teaching of what the Enneagram is, how it works, and why it is so valuable for growth
- Detail on each of the 9 types from a whole-person perspective so that you walk away knowing yourself and your teammates more deeply
- Space for self-reflection and team discussion
- Tips for integrating the tool into daily ways of working

Optional Add-on Services

- Detailed one pagers on each type related to communication conflict, stress, and leadership
- One-on-One sessions with individuals for confirming type or coaching through specific patterns
- Focused workshops of deeper Enneagram teachings for ongoing growth and team-building

What People are Saying

"These trainings have had this positive impact each time you've given it. Thank you for setting aside the time to do it, as I believe there is a huge ROI. Every interaction I have with you makes me and those around you better."

-SVP, Data & Technology at 84.51°

Visit [PresenceWithLove.com](https://www.presencewithlove.com) for more testimonials, and use [this link](#) to book a complimentary consult to get started!



I'm Meagan Connley, a trauma-informed Integrative Somatic Coach based in the greater Cincinnati area. In addition to my MBA and 12 years of corporate analytics and consulting experience, I have over 200 hours of Enneagram training through IEA accredited programs, and am also certified in Somatic Trauma Therapy, Brené Brown's Dare to Lead curriculum, PSYCH-K®, Yin Yoga, Breathwork, and Diversity, Equity, and Inclusion.



219-877-4318



meagan@presencewithlove.com



www.presencewithlove.com

Meagan Connley | Presence with Love

Certified Enneagram Facilitator

What is the Enneagram

The Enneagram is a powerful tool for self-awareness and development. It highlights 9 ego identity structures. Ego goes beyond personality and gets at our sense of self (a protective, yet false self). The Enneagram offers 9 types of ego fixations, with one of these being dominant for us throughout our life. This tool highlights mental, emotional, and behavioral patterns we use subconsciously that support keeping our egos intact, our hearts protected, and our physical bodies alive. Through intelligent defenses and social patterns, we attempt to find safety and connection, yet we are disconnected from our essential nature. By seeing these patterns, we can learn how to pause and return to the present, remembering we have choice. We can choose something other than our default, and allow our hearts to open for a deeper truth. It does not put you in a box, tell you about your future, or tell you how to live your life. It helps you experience freedom and wholeness.

FAQ

What about a test?

Tests for the Enneagram have been shown to be about 50% accurate. Because the Enneagram gets at our motivations rather than behaviors, tests can struggle to pick up on the depth and nuance of our drives. It is also part of the journey for the individual to see and name their patterns, and it is empowering to catch our ego in its act, so self identifying is how I prefer to teach. If you desire testing as part of the package, we can include a cost to cover the RHETI test for your team.

Is the Enneagram a religious tool?

No, the Enneagram is a secular tool and is not a symbol or teaching from any particular religion. It is a psycho-spiritual tool that has foundations from many ancient wisdom teachings as well as researched psychology influences.

Visit [PresenceWithLove.com](https://www.presencewithlove.com) for more testimonials, and use [this link](#) to book a complimentary consult to get started!



Meagan Connley | Presence with Love

Certified Enneagram Facilitator

I'm Meagan Connley, a trauma-informed Integrative Somatic Coach based in the greater Cincinnati area. In addition to my MBA and 12 years of corporate analytics and consulting experience, I have over 2000 hours of Enneagram training through IEA accredited programs, and am also certified in Somatic Trauma Therapy, Brené Brown's Dare to Lead curriculum, PSYCH-K®, Yin Yoga, Breathwork, and Diversity, Equity, and Inclusion.

My Approach to the Enneagram

The Enneagram is a tool for remembering our wholeness. It reminds us of our gifts and how to be more present in our true selves. Through clear and kind teaching, I use the Enneagram to highlight how we get stuck and ways we defend ourselves, so that together we can bring compassionate awareness to our patterns in service of our individual and collective growth.



219-877-4318



meagan@presencewithlove.com



www.presencewithlove.com

Additional Enneagram Workshop Offerings

The Stances: Social Energy & Accessing Repressed Centers (1.5 HR)

- Further exploring how we approach getting our needs met + which center we repress or use most ineffectively

Exploring Perception and Expression through the Centers (1.5 HR)

- Deeper dive into ways we take in and process information + the core needs and emotions of the head, heart, and body

The Enneagram Symbol & The Holy Ideas (1 HR)

- The Enneagram symbol provides guidance for working with the system through the laws of unity, creation, and process
- When we step out of duality and fixation, experiencing a clear mind, the Holy Ideas arise naturally from our wholeness

Levels of Presence, Social Roles, & Reinforcing Identity (45 MIN)

- How we can notice ourselves becoming more fixated in ego + how we use others to reinforce our sense of self

Harmonic Triad: Stress Reactions & Navigating Problems (45 MIN)

- How we cope when we don't get core needs met

Advanced Enneagram Workshop Offerings

Object Relations: Building Blocks of Personality (1.5 HR)

- Explores how we form our sense of self in relation to a key 'other' in childhood + how we repeat this pattern in adult relationships

Defense Mechanisms: The Glue Holding Our Ego in Place (1.5 HR)

- Explores what we avoid, what we desire, and how we defend against reality + how we get stuck in fixation and passion

Instincts & Subtypes (2 HR)

- Explores our biological drives for survival + how ego distorts them, highlighting more nuances of our type structure

*All workshops include time for self-reflection and group discussion. Time listed is minimum suggested - more time can be added for panel or group sharing. Workshops can be customized to fit your group's needs, and we can explore topics not listed here.
Use this link to book a complimentary consult to get started!*