

THE PULSE RATE

JULY 2008

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PULSEAFRICA.NET

World Peace One Conversation at a Time. We say this, and Ghana is a nation in Western Africa which embodies it. Our Ghanaian PULSE colleagues are committed to it, and to using PULSE as a means to address the issues surrounding the discovery of oil in their beautiful country.

I invite you to visit www.pulseafrica.net to learn more about our African cousins and their work. And maybe you would be interested in attending one of the following programs:

“Resolve Petroleum, Gas and Environmental Conflicts by Mediation”

September 7-12 or

“Prevention and Early Resolution of Workplace and Community Conflicts”

September 15-19

Forest Hotel, Dodowa, Ghana

**Austin Gamey,
PULSE Africa**

Canmore, 2007

~Marjorie Munroe



PULSE COURSES INCLUDE:

- **PULSE Enneagram: July 14-16, Calgary.** Learn to appreciate what you are not and apply your renewed understanding .
- For details on other course offerings, visit

www.pulseinstitute.com

1.888.882.8804

THE PULSE OF EMOTIONAL FITNESS

Warren Redman is the renowned leader of the Emotional Fitness Institute (www.efitinstitute.com). Warren is the author of fifteen books. His institute trains people to become Emotional Fitness Coaches. Some of his coaches have also become PULSE Practi-

tioners and PULSE Professionals.

Warren and I have been talking about working together to join forces in a way that would honour our work and capitalize on the synergy that was apparent to us and to others. The Emotional Fitness Institute is

about *listening*. Warren suggests that listening is a means to emotional fitness. At PULSE we focus on Gentle Honest Open Specific *Talk*. Together we have it covered.

I have been adapting and integrating the Group

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LISTENING AND TALKING

(Continued from page 1)

Dialogue exercise from Warren's book *The Nine Steps to Emotional Fitness* in the advanced PULSE training for a couple of years now. So I had some knowledge of what Warren had to offer. This spring, though, we agreed to take each other's basic courses. I found it very interesting to experience the Deep Listening and recognized immediately

the application of PULSE to the process. Warren also experienced our PULSE Concepts course and together we are now working on an article for publication and searching other ways we might collaborate. One obvious approach is to identify for PULSE Professionals and Emotional Fitness Coaches the advantages of having both of these tools available to use and share with clients. Watch

for further integration as we continue to speak and listen to each other in effective collaborative ways.

~Dr. Nancy Love



Warren Redman

THE ENNEAGRAM: ITS SIMPLICITY AND COMPLEXITY

Perhaps by the time you are reading this www.pulseinstitute.com will have its new header: marbles. Apart from being a rather cool image, what is the significance of that you may well ask? Like people, marbles are each uniquely different, and yet made of the same materials. And the shape and colours remind us also of the PULSE Enneagram, illustrated at right.

The Enneagram is a circle with nine points, each point representing a personality type. Enneagram differs from other personality typing because it focuses on describing not only behaviour, but also the motivation behind the behaviour. Each individual has all the types at their disposal, to use in a given circumstance, but the behaviour. Each individual has all of the types

at their disposal, to use in a given circumstance but they are predisposed to accept one set of motivations or ways to dealing with the world.

Like the PULSE Frame, the Enneagram is simple, yet complex. What distinguishes the PULSE study of the Enneagram? The three triads of the Enneagram correspond to the PULSE triads: Head, Body, Heart; Content, Process, Response. The Enneagram helps us understand how we behave in stress: how is that people can present differently when entering a PULSE structured Conversation, than when they leave?

Many of us harbor a little skepticism about personality typing. Consider the words of Don Riso and Russ Hudson: "Always remember that

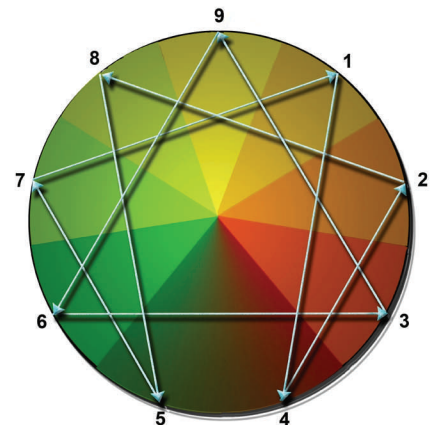
the Enneagram does not put you in a box — it shows you the box you are already in (but don't know it) and the way out!"

~Marjorie Munroe

For Further reading:

Discovering Your Personality Type, Riso and Hudson
PULSE Conversations for Change, Nancy Love
[www.enneagraminstitute.com](http://www enneagraminstitute.com)

**REGISTER NOW!
 PULSE ENNEAGRAM
 CALGARY,
 JULY 14-16**



**WE ARE ON THE WEB!
WWW.PULSEINSTITUTE.COM**

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C O N V E R S A T I O N S F O R C H A N G E

PULSE conversations result in resolutions and decisions that engage employees to build and retain a sustained workforce.

At the **PULSE Institute** we value Responsiveness, Integrity, Inclusiveness, Flexibility, Creativity, and Accountability in all services.

CONFERENCES

Nancy Love will be speaking at the following conference:

International Enneagram

August 1-3, 2008

Atlanta

http://www.internationalenneagram.org/e-news/IEA_Conference_Update.html

"Enneagram and the Structured Conversation"

WASHINGTON DC AND AREA ACTIVITIES...

Are you a PULSE Practitioner in the Washington DC area? Would you like to reconnect with Dr. Nancy Love and meet others in your area who are PULSE Practitioners?

Nancy Love will be in the Washington DC area in August and we propose a cocktail party gathering

August 27, 2008

5-7 PM

If you are interested,

please RSVP to pulseadmin@pulseinstitute.com.

We will confirm with exact location and details.

In October Nancy Love will be again in the Washington area to present a train-the-trainer program for PULSE Practitioners. If you have taken the 30 hour mediation certification program previously from Nancy through MTI, and are interested in deep-

ening your PULSE understanding, and applying it in other ways to your worklife, visit the train-the-trainer page on our website to learn more:

www.pulseinstitute.com

Dates: October 13-17