

Stress Relief and Balance for the Busy Professional

Mastering the Personality - Health Connection

Did you know each personality type?

- Has different needs
- Is stressed by different things
- Reacts to that stress differently
- Has their own ways of reducing stress and creating balance

Our personality effects every aspect of who we are!

This lively program will help you:

- Understand why we think, act and communicate the way we do
- Live from your personality color to increase joy and reduce stress
- Communicate more effectively and build mutually rewarding relationships

About the Instructor
Susan Rueppel, Ph.D.



Susan Rueppel is a certified personality trainer and coach, and founder and owner of **Personality Dynamics**. Ms. Rueppel brings her clients a fresh and lively approach to personality typology - teaching businesses, private groups, and individuals

how to enhance their understand of themselves and others through the vehicle of personality - for improving communications and creating more rewarding relationships.

Turn
this



Into
this



Thursday,
April 21st, 2011
6:30 to 8:00 p.m.
Energetic Wisdom
2231 J Street, Suite 101
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