

# **Your Personality - Your Health**

## ***Stress Relief and Balance for the Busy Professional***

**Did you know each personality type?**

- Has different needs
- Is stressed by different things
- Reacts to that stress differently
- Have 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,  
November 18<sup>th</sup>, 2010**

**6:30 to 8:00 p.m.**

**Energetic Wisdom**

**2231 J Street, Suite 101**

**Sacramento, CA 95816**

**Investment: \$35**

**Sign up today: 916-444-1112**