

Judith Rasoletti, Ph.D. presents

Character Defenses: Why Relationships Work...or Not!

Tuesday, February 26, 2008

7:30 - 9:00 pm



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At

Tadasana Yoga Studio
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How do you deal with your anger?
Do you blast the other with raging words?
Are you above it all and ignore?

Anger is just one emotion that stirs up big waves in relationships. Love, fear, jealousy or sadness can equally affect how successful our interactions with others turn out to be in business or family dynamics. Yet it is our habitual way of defending against perceived threats or challenges that dictates how we react in any given situation.

In this experiential workshop we explore how the five major character defenses become part of our personality and discover the ways each defense is used. Such understanding then gives a choice to react differently... and surprise everyone in the process!



Judith Rasoletti Ph.D. is a business and life coach, writer and artist who brings a passion to share with others how to know themselves fully!

Self Investment \$15.00