



Manresa Jesuit Spiritual  
Renewal Centre  
2325 Liverpool Road, Pickering, ON  
L1X 1V4  
manresa-canada.ca 905-839-2864



## DAY OF REFLECTION FOR WOMEN Saturday, March 8, 2025 9:30 am - 4:00 pm

**“Who You Are is How you Relate and Pray.  
Discover and Embrace the Gifts of your Temperament.”**

***Ever wonder why you think, feel, act, and react the way you do?***

“Within the Catholic tradition, temperament is defined as the pattern of inclinations and reactions that proceed from the physiological constitution of the individual.” (Aumann, Spiritual Theology) We all have a nature that comes with some innate habits of thinking, feeling, speaking, and behaving. This is defined by our temperaments; there are four: Choleric, Sanguine, Melancholic, and Phlegmatic. Understanding your temperament can help you communicate and connect better, improve your health and prayer life, and allow you to show up as your best self by creating the conditions you need to thrive.

Join us for this interactive and reflective workshop, where you will learn the basics about temperaments, gain insights on your primary and secondary temperament, plus common contributions, weaknesses, triggers, ideal conditions, and motivators of each temperament, and create a plan to make space for and claim your natural God-given gifts so you can aim them towards your greatest fulfillment and potential. To participate fully and get the most out of this experience, please take this free temperaments quiz: <https://www.temperamentquiz.com> and bring the results to the day of retreat. Step away from the hustle of daily life, be inspired, nourished and encouraged, and connect with other women of faith as you reflect on who you are and your unique design.

**Suggested Offering: \$ 65.00 per person**

Includes lunch and coffee/tea break on arrival

**For more information and to register,  
please contact Veronica at:  
[boutiquecoachingconnections@gmail.com](mailto:boutiquecoachingconnections@gmail.com)**



**Veronica Ljubicic** is a Salesian Cooperator and certified Catholic Life Coach trained through Metanoia Catholic. She guides women through workshops, retreats, group, and one-on-one coaching where she helps them discern and develop their gifts, grow in resilience by optimizing their internal and external environments, and customize strategies that support them through work-life transitions. Formerly, Veronica worked in youth and young adult ministry where she developed foundational programs and networks throughout the GTA and Canada. Her background is in Communications, Marketing and Business. She resides in Toronto and offers her services through Boutique Coaching Connections.