

## Registration Information

For more information and registration,  
please call 619-862-6600.

Or mail in this portion of the registration to:

Scripps Mercy Hospital Chula Vista  
Well Being Center  
237 Church Avenue  
Chula Vista, CA 91910

**Please make all checks payable to:  
Dr. Tarane Sondoozi**

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**Registration Form:** Return this with Check

Name \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Class Title: \_\_\_\_\_  
\_\_\_\_\_

Class Date: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_  
(     )     -     \_\_\_\_\_

To Register by Fax Send this Part to  
619-862-6615

Dr. Tarane Sondoozi is a graduate of the doctoral program in clinical psychology from United States International University in San Diego, CA. She has more than 25 years of extensive experience in clinical and organizational settings, developing and providing trainings that foster "Interpersonal Competence." She serves as an Employee Assistance Specialist and Adjunct Faculty for the Center for Learning at Scripps Health in San Diego, California, where she presents trainings she has developed to enhance professional relationships, customer satisfaction, organizational and team functioning.



She has worked with individuals and groups in all levels of health care, legal, manufacturing, government and private organizations. She is a sought after motivational speaker who has presented nationally. She provides her services in both English and Farsi.



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## Communication Enhancement Series



**Presented by  
Dr. Tarane Sondoozi**

***"Beyond the Golden Rule"***  
*Transforming the stressors of interpersonal interactions into power.*

Understanding your communication style and that of others will enable you to connect and interact effectively both personally and professionally. Would you attempt to connect and communicate with a cat using a banana? Most people do the very thing by applying the "Golden Rule" and treating others as they would like to be treated. This leads to ineffective relationships conflict and stressful interactions. Join Dr. Tarane Sondoozi for a fun filled and entertaining class giving a different perspective to the meaning of the "Golden Rule."



**Available Sessions:**

- Saturday, July 12, 2008  
10 a.m.—Noon
- Saturday, July 12, 2008  
1-3 p.m.
- Saturday, July 26, 2008  
10 a.m.—Noon
- Saturday, July 26, 2008  
1 –3 p.m.
- Saturday, August 16, 2008  
10 a.m.—Noon
- Saturday September 20, 2008  
10 a.m.— Noon

***"Beyond and Before It's a Boy/Girl"***  
*Transforming the stressors of parenting your child into tools for effective communication and successful parenting.*

Children are not born with an instructional manual and very often parents hope and believe that their children are going to be very similar, if not copies of themselves. Most find the reality to be very different.

Understand your communication style and that of your child and learn how to use the knowledge to interact effectively and promote a healthier home environment. Join Dr. Tarane Sondoozi for a fun filled and entertaining class exploring children behavior and parenting skills.



- Saturday, September 6, 2008  
1-3 p.m.

***"Leaping Through Conflict"***

Conflict is an integral part of all human interactions and a source of tremendous stress. Understand the anatomy of conflict and learn simple steps to manage and prevent conflict in interpersonal relationships. Join Dr. Tarane Sondoozi for an interesting class which explores different views regarding conflict and its management.

**Available Sessions:**

- Saturday, August 16, 2008  
1-3 p.m.
- Saturday, September 20, 2008  
1-3 p.m.

***"Before & Beyond I Do"***  
*Transforming the stresses of interacting with your significant other into tools for effective communication.*

The relationship you have with your significant other shapes the very core of your and your family's lives. By becoming aware and learning to identify the four basic energies that govern communication and interpersonal styles, you can set appropriate expectations, ensure effective interpersonal interactions and promote healthier and happier lives. Learn to identify each other's communication and interpersonal styles and use this knowledge to connect and communicate more effectively to prevent conflict and enhance fulfillment in your relationship. Join Dr. Tarane Sondoozi for a fun filled and entertaining class that could change the way you look at relationships.



- Saturday, September 6, 2008  
10 a.m.-Noon

**All sessions are \$25 for Scripps employees and \$45 for non-employees.**

**All classes require a minimum of 10 attendees to hold class.**