

Women & Relationships

Who We Are

Our Mission

At Women & Relationships, we are dedicated to providing women the relational skills to realize their full potential in every aspect of their lives. It is our mission to encourage women to be empowered, whatever their paths may be.

About the Course Director

Patricia Sartini, Ed.S., LMFT, is a licensed marital and family therapist who has worked with individuals, couples, and groups for over 20 years. A relationship specialist, Patricia teaches practical, applicable relational skills for use in any area of adult life with an educational style that is engaging and energized. As a consultant, Patricia has helped countless women optimize their power as businesswomen, spouses, mothers, and daughters.

"I grew in self-awareness and gained insights about relationships and healthy interactions with others. You will be able to apply this knowledge to all your relationships. Don't wait."

- Therese, College Educational Assistant

"Your presentation encouraged us to find our boundaries and operate comfortably within them. Ultimately, that gives us energy to produce great results in our endeavors and deal with life more effectively."

- Lorraine, Financial Consultant

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PATRICIA A. SARTINI, INC.



Be an influential force and empowered communicator in any relationship.

- Immediate results!
- Simple application!
- Customized training!

What we can do for you...

A Winning Formula

**Understanding + Application
= Success**

We go beyond teaching communication skills to women. Understanding relational concepts helps you determine what communication skill techniques to apply to any situation to optimize your effectiveness and maintain your personal power within any relationship.

Overview

Here is an overview of a few of the concepts you will learn:

- The “neighborhood model” of boundaries
- The foundations for turning on your personal power switch
- Responding versus reacting
- Communication pitfalls and how to avoid them
- Elimination of blind spots that can sabotage effective communicating

What to Expect

Here are just some of the results you can expect from our winning formula:

For you individually:

- Say what you mean
- Back up your word behaviorally
- Neutralize attempts to manipulate you
- Balance power with approachability
- Sharpen your observational skills
- Stop being intimidated
- Improve your leadership skills
- Easily make decisions
- Effectively resolve conflict
- Confront with compassion

For your organization:

- Minimize gossip
- Improve morale
- Increase productivity
- Utilize peer conflict resolution skills
- Develop positive work relationships
- Demonstrate clarity in communications
- Lessen personnel issues
- Maintain focus and direction
- And much, much more!

Choose Your Format

These are the educational options available to you. The complete course takes six hours.

- Full day onsite seminar
- Two half-day onsite seminars
- Six onsite weekly one-hour classes
- Six, weekly one-hour, classes live online

We also offer speaking engagements for any setting, customized to fit your particular needs.

Consider this opportunity ... whether you are an entrepreneur, spouse, mother, friend, employer, employee, sister, daughter, manager, or partner!

For more information, or to sign up for an online session, visit our website or contact us by phone or email.

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