

Saturday, February 24, 2018

The Four Temperaments

A workshop for young moms

On February 24, 2018, *Dora Olaiz* hosted the first of three 2018 workshops for young moms sponsored by *Walnut Grove Cultural Center*. Designed to encourage, accompany and coach mothers with young children in the **art and science of fostering happy homes**, this kick-off workshop definitely accomplished its goal.

Nicole Tittmann, a mother of 6, made a great presenter. With stories and audio-visual aids, she managed to show the different temperaments that generally describe the combination of mental, physical and emotional traits of one's natural predispositions. They are classically known as **the Sanguine, Choleric, Phlegmatic and Melancholic** temperaments. Each temperament shows strong points and weak points and each generally sees the world from different lights. So having a better understanding of oneself, one's spouse and one's children can certainly facilitate a happier home.

In addition to the 45 women attending from as far away as Thousand Oaks, Orange County, Palm Springs and even Las Vegas, there were a number of talented young women and grandmothers on hand as babysitters to care for the infants, toddlers and other healthy youngsters. The moms were very grateful for that help, making it possible for them to get the most out of the informative and entertaining presentation.

Nicole's graphic examples and practical tips made for interactive discussions that made the morning both educational and fun. What temperament am I? How can I best deal with a choleric husband? How can I motivate a phlegmatic child? ... It surely brought out the women's interest and experiences, both successes and challenges in dealing with different temperaments under the same roof.

And there was a spiritual dimension to this workshop too. How can I advance in interior life given a certain temperament? What books are best suited to my temperament? Who are the famous personalities and saints that possessed certain temperaments? If I ever feel discouraged when facing the reality of my own failings and limitations, I can turn to a saint who shares my temperament and ask for their intercession in my quest for holiness, so that my temperament, instead of being a challenge to others, becomes a gift. Now that is one practical tip to take with you on the road to sanctity!

By the time the workshop finished there were many happy moms now armed with a better knowledge of both themselves and others. Everyone returned home optimistically to create and strengthen a more unified family dynamic with healthier still relationships.

~*Carmen Antonio*~