



# STOP HITTING MY HOT BUTTONS



## How to Overcome Conflict and Discover Hope Again



GUEST SPEAKER  
Dr. Krysti Nguyen,  
Licensed  
Psychologist and  
Board Certified  
Executive Coach

Do you have any conflicts in your life? Have they prevented you from getting closer to your loved ones and God? Dr. Krysti Nguyen will share with you her experiences based on her professional work as a Board-Certified Executive Coach and a Licensed Clinical Psychologist in private practice. Dr. Krysti Nguyen is known for her expertise in solution-focused techniques on multicultural topics and conflict resolution for families and healthcare organizations.

### Come and learn to:

1. Identify Triggers That Create Conflicts
2. Find a Way to Approach a Common Path
3. Try to Overcome Conflicts

APRIL 21 AT 7 PM  
IN QUINN HALL



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Los Alamitos CA, 90720



LIGHT REFRESHMENTS  
WILL BE AVAILABLE