



Manresa Jesuit Spiritual  
Renewal Centre  
2325 Liverpool Road,  
Pickering, ON L1X 1V4  
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## DAY OF REFLECTION FOR WOMEN

Saturday, November 22, 2025

9:30 am - 4:00 pm

### What is your Sensory Preference? Discover how God uniquely speaks to you.

Come away for a day of renewal, insight, and connection with other women of faith. Together, we'll explore how God communicates with each of us — through **visual**, **auditory**, or **kinesthetic** ways. Uncover the method you most naturally receive God's love, guidance, and presence. Grow in understanding of your sensory preference and how it shapes your relationship with the Lord. *"Whatever is received is received in the mode of the receiver."* — St. Thomas Aquinas

Humans typically learn and process information through all our five senses, but generally favour one or two. Sensory preference refers to the type of stimuli that registers in your brain most quickly, intensely and efficiently. God desires to relate to us through our natural preferences.

Take this free Temperaments quiz: <http://www.temperamentquiz.com> and please bring the results to the retreat day. We will uncover your distinct prayer style through examining your motivations, external distractions, internal blocks, and optimal environments as they relate to your sensory preference. A great way to prepare for Advent.

Suggested Offering: \$ 70.00 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.