

# TAKE CHARGE OF YOUR LIFE

## Who will benefit from this training?

- Anyone who is interested in gaining a little more control over their lives and increasing their wellbeing and happiness
- Those working with children young people, or adults in areas of personal development, leadership, education, care, or outdoor activity settings
- Teachers, teaching assistants, lunch-time supervisors, parents, health professionals, occupational therapists, school counsellors etc.

Choice Theory is an approach that has had a very successful track record in relation to personal development, emotional wellbeing, and behaviour change.

## Participants will learn

- What really motivates people long-term, and how to tap into this reality
- How to help children and adults not only to find solutions to presenting problems, but also to identify and address the underlying cause – rather than continually dealing with emotional/behavioural symptoms
- An approach which is cognitive- behavioural in nature but with an additional **action-led and holistic** focus informed by Choice Theory Psychology. It can be readily integrated with many other approaches
- How to evaluate our own behaviour, help others to evaluate theirs, **and** make more effective choices on a 'want to' basis



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