

# CONNECTING THROUGH CHOICE

January 2023  
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## Message from our President

I acknowledge the traditional owners of the lands and seas where Glasser Australia (GA) members live, work, play and connect, I pay my respects to elders' past, present and future. I am proud to share these amazing lands and seas with the oldest living culture on earth.

The beginning of a new year brings with it many opportunities and challenges, as we farewell the year that has gone.

When preparing to write this message I was reminded of the powerful words of Viktor E. Frankl, an Austrian Psychiatrist and Psychotherapy who said, *between stimulus and response there is a space. in that space is our power to choose our response. in our response lies our growth and freedom.* These words very clearly align with Dr Glasser's words, *what we get, and all we ever get, from the outside is information; how we choose to act on this information is up to us.*

At the heart of Dr Glasser's work are the five basic needs, connection, security, fun, freedom, and significance, meeting our needs is fundamental to our ability to form quality, respectful and connected relationships. This year we will be asked to make a very important choice regarding the full inclusion and belonging of our First Nations brothers and sisters, which may well provide an opportunity for them to meet their basic needs.

The Uluru Statement from the Heart is a message from our First Nations brother and sisters to the Australian people; this message forms the basis of the A Voice to Parliament Referendum that will be held in the second half of 2023. Simply put, in 1967 our First Nations brothers and sisters asked to be counted in 2023 they are asking to be heard. For more information, please visit this link: <https://ulurustatement.org/the-statement/>.

I have no doubt that throughout 2023 we will also be faced with many choices some we will relish and others that will challenge us; but we give gratitude to the fact that we have learned that in the most part we are the masters of our destiny, and we can thank Dr William Glasser for this teaching and philosophy.

Cathy O'Toole  
President



GLASSER  
AUSTRALIA  
IGNITE THE POWER OF CHOICE

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# CONNECTING THROUGH CHOICE

## Board Matters

The GA Board will commence the year with new board members, which gives us the opportunity to refresh our understanding and practice of good governance, it is vital that all members of the board have a shared understanding of the legal and ethical requirements of a Company Limited by Guarantee.

The board will also be working on the reviewed Statement of Strategic Intent as we work for a sustainable future and growing the legacy of Dr William Glasser. Throughout the year it is the intent to host zoom sessions to seek feedback from members.

The board will also be working in collaboration with WGI as they forge forward on the journey of sustainability, which will focus on board structure and much needed policy review.

The year ahead is full of hope and optimism, and we look forward to working with you in achieving more connected and inclusive communities.

Cathy O'Toole  
President



### Statement of Strategic Intent 2021 – 2023

Reviewed 25 May 2022

#### Purpose

To build a better world through quality relationships.

#### Guiding Principles

Accepting, Negotiating, Listening, Encouraging, Respecting, Supporting & Trusting

Strategic Pillars	Collaborate, Lead & Influence	Governance	Support Training and Faculty Growth
Aspiration	Glasser Australia will utilise our strategic pillars to promote quality training and enhance relationships with members, strategic partners, and wider communities.		
Strategic Activities	<ul style="list-style-type: none"> <li>Grow quality relationships with members.</li> <li>Clarify Glasser Australia's place.</li> <li>Demonstrate credibility through a content marketing strategy.</li> <li>Grow revenue.</li> </ul>	<ul style="list-style-type: none"> <li>Develop a lead management aligned governance structure to meet organisational, legal and ACNC requirements.</li> <li>Ensure compliance with ACNC.</li> <li>Produce an Annual Report.</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexible learning options.</li> <li>Engage faculty in professional development opportunities.</li> <li>Promote Glasser Quality Schools accreditation program.</li> <li>Manage access to training programs in collaboration with trainers.</li> </ul>

# CONNECTING THROUGH CHOICE

## Interesting links

**Happy New Year to you all!**

*By Ivan Honey, Senior Faculty, WGI, Founder The Get Happier School Project.*

Many people have wished me a Happy New Year, and I thank you, each and every one.

But, what does it mean to be happy?

<https://glasseraustralia.com.au/a-happy-new-year-to-all/>

## **Growing Good Mental Health with Choice Theory by Nancy Buck**

[https://www.madinamerica.com/2022/11/growing-good-mental-health-choice-theory/?mc\\_cid=64448156d4&mc\\_eid=8511339efd&fbclid=IwAR2YP26rOKUO5zCqh8ebsNyam5GSFYcgYt6299jQJqbmEKntXSDhaJKWn2c](https://www.madinamerica.com/2022/11/growing-good-mental-health-choice-theory/?mc_cid=64448156d4&mc_eid=8511339efd&fbclid=IwAR2YP26rOKUO5zCqh8ebsNyam5GSFYcgYt6299jQJqbmEKntXSDhaJKWn2c)

## **Newsletter or Blog articles we would love to hear from you !**

If you have an article you would like to share with us and publish in the Glasser Australia's Newsletter or even as a blog for our website we would love to hear from you. Please send through any articles you would like to see in these 2 spaces to the office. E: [gaadmin@glasseraustralia.com.au](mailto:gaadmin@glasseraustralia.com.au)

Template: for an article

Wording : 200—300 words

Title:

Photo: jpeg file

I look forward to hearing from you all with something to contribute to our Glasser Australia's Newsletter or website.

# CONNECTING THROUGH CHOICE

## Community Capacity Building through Choice Theory Training: The story of *Mentally Fit EP*

Sue Berry, Port Lincoln SA - [susanraeberry@gmail.com](mailto:susanraeberry@gmail.com)

*"Success in any endeavour is directly proportional to how well the people who are involved in it get along with each other."* William Glasser

Take passion born of lived experience...

- Add the concept of "mental fitness"
- Mix in commitment from a diverse skillset of community members
- Drip feed Choice Theory training to build capacity
- Create a vision from the ground up: "Empowering people to take charge of their own mental health and building a mentally fit, connected community"

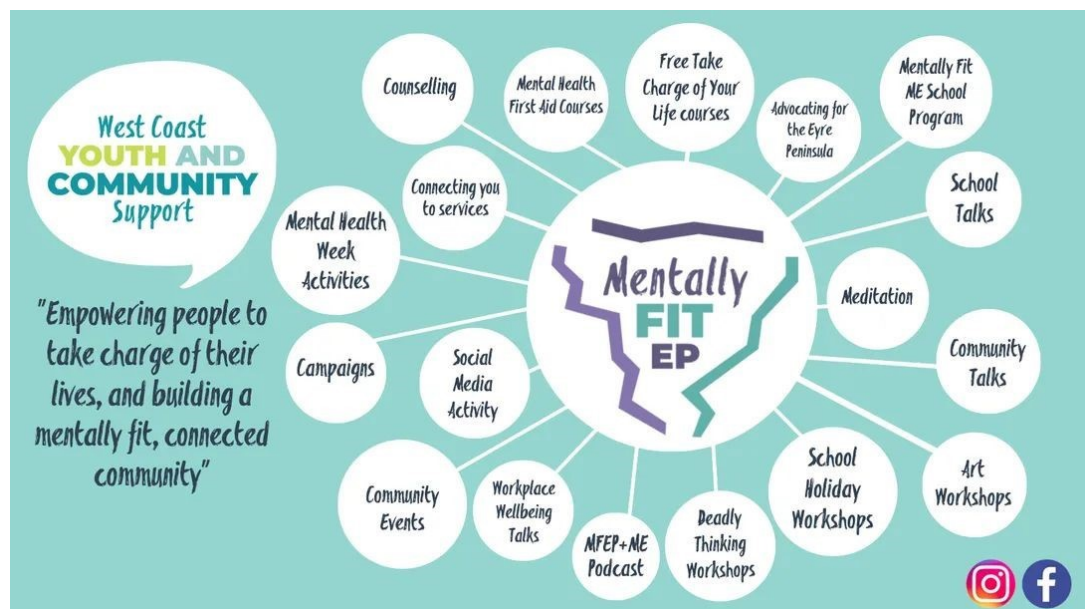
My involvement with MFEP began in 2014 when its founder Kirsty Traeger was captivated by my poster of Glasser's Basic Needs. Kirsty loved the idea of offering *Take Charge of Your Life* courses to rural communities. That became my primary role and MFEP has run 47 TCOYL courses. We built in sustainability from the outset by offering CTRT Training, initially so that others could become TCOYL facilitators.

MFEP operates out of West Coast Youth and Community Support in Port Lincoln. As time progressed, the value of training staff at WCYCS became evident. Nine people have now completed Certification. Choice Theory has become the shared language.

With its focus on relationships and personal responsibility, CT training supports the staff in caring for their own wellbeing in a challenging work environment. Specifically, staff are now learning to design their own group programs based on Choice Theory and to use Reality Therapy conversations with clients.

Thanks to GA Instructors Sylvia Habel, Christine Duffield, Garry Garnaut and Ivan Honey for their support.

Between 2015-2022, MFEP has won numerous awards at local and State level in SA. Lain Montgomerie and Emma Gale are pictured at SA Community Achievement Awards, December 2022.



A CT influence is either implicit or explicit in most of these activities.

# CONNECTING THROUGH CHOICE

## Training News

### Training for 2023

What Lies ahead for us?

I was pleasantly surprised as I began ringing around to many of the wonderful Glasser Australia members at the end of 2022. The level of commitment to embrace William Glasser's legacy of teaching Choice Theory to the world was both inspiring and heart-warming.

From Victoria to Northern Territory, from South Australia to Queensland the journey of Choice Theory is travelling wide and far. The passion to share information that can bring freedom and a deeper joy with strong relationships is just as strong today as when Glasser was alive himself.

Endeavours of conducting BITs, AITs, Certification and Endorsement are being planned as I write this. Others are sharing free information sessions within schools and communities to entice and promote curiosities with all ages. Just as Glasser did, counselling with CT is providing many with the opportunity to take on new perspectives and think differently.

Schools throughout Australia are taking on the challenge of teaching our younger generation an understanding of why we behave, why we make the choices we make and who is sitting in the driver's seat. This is gathering momentum in Qld, NSW and a little in NT (thanks John Cooper).

As Training Officer involves a multitude of facets it is going to take a while for me to settle into the role. I am sure there will be many mistakes, many questions, and ARGHH moments to come. Thank you to Sue Berry, your dedication to the position of training officer has been amazing and inspiring. Thank you for your support. Thank you also to Paula Baxter, Susan Fleming and the entire GA Board for such a warm welcome and continued support and understanding.

Bec Lane GA Training Officer

### 2023

To view all Trainings for 2023 please visit our website <https://glasseraustralia.com.au/events-list/>

We are planning to hold a Certification Training early 2023. Please let us know if you are interested or have anybody in your Advanced Practicum groups that would be interested so we can organise an appropriate Faculty Trainer.

### Memberships 2023

Memberships with Glasser Australia are now due!

Memberships with Glasser Australia run from

1 January—31 December 2023 .

If you are Faculty and currently training in Australia you will also need to join WGI as a registered Faculty member.

To renew your membership with Glasser Australia please follow this link.

[Membership Levels | Glasser Australia](#)



# CONNECTING THROUGH CHOICE



## **New Senior Faculty (Advanced Instructor)**

Congratulations to Mary Ellen Davis who has now been given the new status as Senior Faculty with Glasser Australia and William Glasser International



Congratulations to all who completed their BIT at Nundah in December 2022 with Jane Newman