

CONNECTING THROUGH CHOICE

April 2023



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.

Our greatest challenge this quarter has been responding to the resignation of three of our valued Board members, who while no longer serving on the board continue to support the work of Glasser Australia by being part of the working pillars that any member of the Glasser Australia can be involved in. These form part of our strategic plan and what we are trying to achieve. We thank them for the years of service they have given the organisation, both in their board roles and their contributions to building our organisation which over the years have weathered some stormy conditions. Sheryl as Treasurer and Secretary for over 20 years, Maureen as Secretary and Conference Conveyor for 5 years and Cathy as President for 3 years.

Maureen continues to work as our conference conveyor along with Sheryl on the Conference committee. Cathy continues to provide advice on governance issues. Our next conference will be held again at Twin Towns 4 – 6th October 2024 as the costs of running it in proposed city of Sydney were too high. While we realize this is the same year as the WGI international conference, we decided this was more practical for us in Australia as we are hosting the international conference in 2026. Promotion of the Conference 'Choosing Well-Being' will begin in June once the budget and Keynotes are determined. Expressions of interest for workshops and presentation will be sent out as this time also.

Thank you to all our members who have offered support through this challenging time.

Susan Fleming
Acting President



GLASSER
AUSTRALIA
IGNITE THE POWER OF CHOICE

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Board Matters

During this quarter the Board key focus was on filling our vacant positions, of Treasurer, Secretary and President. These positions need to be filled in order for GA to keep functioning as a Not-for-Profit organisation. Thank you for all those people who contacted us to offer support and help in achieving this. We are pleased to announce the Treasurer position has been filled by Jo Astorini. The Secretary position has been filled by Jodie Paterson. The Presidents position has not yet been filled. A motion was passed by the Board, that I continue as Acting President until the AGM which will be held 27th September 2023 in the hope that there will be a nomination for this position.

The Board has also elected to fill a skill-based position with Cath Whalan to assist Bec Lane our new Training Officer with the variety of jobs that this position requires and the anticipated changes that are likely to happen with the WGI's consultation process relating to changes in training. The Board has recognised that the Training Officer's role has historically been a complex and time consuming one and have considered this for some time be shared between two people. The Fifth Director/Immediate Past President has been involved in supporting the Training Officer in the past.

A warm welcome is extended to Cath, Jodie and Jo. Get to know the new Board members by visiting our website. https://glasseraustralia.com.au/u_department/board-members-2023/

A few people offered to support the board by working on our on our pillars so that they get an idea of Board functioning and may join us at a later time. We appreciate all their contributions to develop our organisation.

The Board at our last meeting supported the following proposals to progress our Strategic Plan.

Focus groups –

- **Quality Schools focus group**— We have a Professional Learning Community group that focuses on Glasser's Work in Schools . This is facilitated by Christine Duffield (Quality School Coordinator) If you interested in becoming part of this group they plan to meet 1—2 catch-up via zoom each term. The next one is scheduled for Monday 15th May at 3.00pm. Please contact Paula at gadmin@glasseraustralia.com.au to join the group. We also have a Facebook page group for Glasser Quality Schools, Christine regularly posts information on this page. <https://www.facebook.com/groups/896369497999715>.
- **Counselling group** - A newly formed Zoom group for those working in the counselling field, social workers, counsellors, psychologists, mental health workers. An opportunity to discuss topics of interest in using Reality Therapy with clients and increasing our knowledge in this area. Please contact Paula if you would like to be part of this group. She can send you the Zoom link for our next meeting.
- **Quarterly Faculty Connection Group Zoom Meetings** - A follow up plan for engagement and connection of Faculty members was developed at the Faculty Retreat. This group would be facilitated and agendas determined by Faculty members. The first one being by Zoom 6-8pm AEST Monday 5 June see training report for further information.

The Board continues to work on how to manage our overheads and provide services and training, while maintaining financial viability. At times the Board needs to make difficult and sometimes unpopular decisions in order to meet our ACNC requirements. We will try to communicate these decisions in a timely manner for everyone. We had to increase fees last year because this had not been done for many years. The increase was rather big and we have tried to accommodate that by staggering the fee increases this year. Just a reminder that the Registration Fee for BIT's and AIT's will raise from \$192.50 to \$220.00 on 1st July 2023, as negotiated with Faculty in an email on 14th November 2022.

CONNECTING THROUGH CHOICE



**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"> Grow quality relationships with members. Clarify Glasser Australia's place. Demonstrate credibility through a content marketing strategy. Grow revenue. 	<ul style="list-style-type: none"> Develop a lead management aligned governance structure to meet organisational, legal and ACNC requirements. Ensure compliance with ACNC. Produce an Annual Report. 	<ul style="list-style-type: none"> Develop flexible learning options. Engage faculty in professional development opportunities. Promote Glasser Quality Schools accreditation program. Manage access to training programs in collaboration with trainers.



2024 CONFERENCE

**Gold Coast, Australia
4 - 6 October 2024**

PLEASE SCAN QR CODE
TO REGISTER YOUR INTEREST

www.glasseraustralia.com.au

CONNECTING THROUGH CHOICE

Compassion by Choice

We are aware that sometimes we get so caught up trying to satisfy our needs that we actually cause suffering and harm for ourselves and for others!

Neuropsychologist, Dr Rick Hanson, teaches that there is beginning to be a lot more clarity on what we need to do – it is not just about satisfying our needs, being insightful and intuitive - we need to change the physiology of the brain for better mental health and wellbeing.

How can we change our brain physiology? How do we move from having beneficial happy experiences to ***a lasting change in the nervous system for improved mental health and wellbeing?***

By sustaining heart felt experiences or connections with other people, feeling self-worth and forgiveness of ourselves, we have more courage to step into compassion for other people. Compassion is one way of changing our physiology system for lasting change. Neuroscience shows that when we focus on rewarding feelings and senses within the body, bit by bit, the neurological activation creates long lasting changes of functions and structure. We can 'cultivate' a 'compassionate brain' by what we put into it.

When improving our physiological resources by repeatedly internalising '***the felt sense***' of peacefulness, contentment, and love of one kind or another over and over again, ***we are less likely to get caught up with striving to satisfy unmet needs.***

Living life with a loving heart, where our experiences and behaviours come from a place of love for ourselves and others, we become less self-focused and are less likely to harm others. We become more aware of our connections to others and have courage and wisdom to be sensitive to the suffering of others.



When responding to power and control with unconditional love, we can radiate compassion far and wide – perhaps even create a compassionate world!

Maureen Sansom

CONNECTING THROUGH CHOICE

Training News

Training for 2023

NESA

Glasser Australia has been successful in its application to continue to deliver our Basic Intensive Training as a NESA Accredited 27-hour Professional Development course again this year. Under the standard Professional Standard for Teachers Descriptors 4.1.2 and 4.3.2. Thank you for all the hard work done by Cath Whalan and Bec Lane to achieve this reaccreditation, which was previously done for many years by Judy Hatswell. Please contact Bec (trainingofficer@glasseraustralia.com.au) if you are running BIT's in NSW as the requirements have changed in how you register and promote your courses using their endorsement.

Quarterly Faculty Connection Group Zoom Meetings. A follow up plan for engagement and connection of Faculty members was developed at the Faculty Retreat in March. This group would be facilitated and agendas determined by Faculty members. The first one being by Zoom 6-8pm AEST Monday 5 June hosted by Kalikamurti Suich as a get to know each other (specialisations, passions, key interests) so we know more about each other and what we do, and can provide referrals, or have more info when seeking potential collaborators on projects. This forum could provide a venue to discuss interest areas. Any presentations / sharing of activities to be short and focussed on specific conversation or topic. Invitations to attend will be sent out to all Faculty members by Paula soon.

2023

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

We are planning to hold Certification Training in 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. Please contact Paula or Bec. (trainingofficer@glasseraustralia.com.au)

Bec Lane
Training Officer

Memberships 2023

Reminder: 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



Labyrinths, laughter, learning and lingering lunches ...

Our recent faculty retreat in March was a welcome departure from the hustle and bustle of the everyday grind. As we descended from all over the country and travelled along the bumpy roads of Dungog, NSW out to the secluded Fosterton Retreat, you could physically feel the nurturing effect of the beautiful countryside drawing you in ... and it didn't stop there ... across the weekend, the 11 participants enjoyed a combination of structured learning and sharing times together coupled with many opportunities to connect and mingle in a more personal and relaxing way.

Whether it was walking and exploring the beautiful surrounds, taking a dip in the pool, or sharing a meal together, there was one topic of conversation that united the group and kept the conversation running hot. The love of Choice Theory and the passion and thirst for further learning and growth from and with each other was continually evident.

The campfire conversations on the Saturday evening were a highlight for me with stories, soulful singing, and the brightest stars I have seen in a long time. Max was a wonderful host who ensured that all who came were nurtured in a way that made you never want to leave. In fact, the only negative for me was that our weekend came to an end too quickly and the farewell hugs were not long enough to soak in all I had come to discover and learn about my fellow faculty friends – I cannot wait for the next one!

Jane Newman

