

## **Choice Theory – Basic Intensive Training**

Choice Theory® was developed by Dr William Glasser as an explanation of why humans do what they do. It is based on the simple premise that we cannot control anything external to us, but we do have control over our own actions and choices.

Choice Theory® is a model by which responsibility and agency are taught, giving those who know and understand it, the tools to navigate life and relationships and ultimately contribute to their own happiness and fulfillment.



Based in the understanding that healthy relationships with yourself and others are central to maintaining strong mental wellbeing, people are empowered to transform their mindset to design their own needs-satisfying life with deliberate intention.

***“What difference would it make to your mental wellbeing if you felt a greater sense of personal freedom?” Dr William Glasser.***

**27 hours of quality, internationally recognised training delivered over 4 days by highly credible instructor, Jane Newman (Principal, early childhood specialist, well-being consultant and coach)**

*Choice Theory has transformed and enriched my life. The way I now perceive, interact, and relate to others has changed dramatically. Choice theory has changed the way I now connect with others. Jane guided and supported me every step of the way. Highly recommend CT if you want to improve all aspects of your life!*  
Donna Girvan, Education Officer

*Choice Theory is truly a “way of being” that impacts all facets of my life for the better. As a result, I lead a more contented life, and have richer relationships. Jane is a natural storyteller. Calm and caring, she has a unique way of helping each participant navigate CT. She goes the extra mile to personalise the program; you know instantly that you are in safe hands and quickly trust that anything is possible.*  
Kerrin Cridland, Deputy Principal.

*Choice theory is a great framework for looking at the complexity of relationships in our lives. It has helped me to view situations from varying perspectives and act more purposefully, both at work and home. Jane makes this learning enjoyable and relaxed. With credibility as an educator, mum, wife and friend, she offers plenty of examples of Choice Theory in action in her own life.*  
Kerryn Grice, Principal.



**Jane Newman, Instructor**