



**GLASSER  
AUSTRALIA**  
IGNITE THE POWER OF CHOICE

## **EXPLORING THE FREEDOM OF CHOICE**

A mental health and well-being  
conference like no other!

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2022 NATIONAL CONFERENCE  
PROGRAM

29th September - 1st October 2022  
Mantra Twin Towns Gold Coast  
Queensland Australia

[www.glasseraustralia.com.au](http://www.glasseraustralia.com.au)





## EXPLORING THE FREEDOM OF CHOICE A mental health and well-being conference like no other!

The 2022 Glasser Australia conference is a 3 day conference on the beautiful Gold Coast, Queensland, Australia.

The conference will explore the freedom of choice from a range of perspectives. Whether you are new to Choice Theory, or have been working with Dr Glasser's frameworks for years, this conference will create a space for you to increase your knowledge and skills to improve your mental health and wellbeing, both personally and professionally.

Delegates can elect to attend the entire conference or select specific days that suit them.

Everyone is welcome.

## A professional and personal development opportunity.

The 2022 Glasser Australia Conference will explore the freedom of choice from a range of perspectives. Dr Glasser's Choice Theory offers the tools needed to move out of a paradigm of fear into a sense of freedom and empowerment. People in communities all over the world are living in unprecedented times since Covid 19 has threatened our very survival.

This Conference will create a space for you to:

- Increase your knowledge and skills to improve your mental health and wellbeing, both personally and professionally.
- Discuss current thinking and trends around mental health and wellbeing, trauma informed and general counselling, quality relationships, quality education and lead management.
- Network with likeminded people.
- Establish and maintain quality relationships.
- Listen to and appreciate differing and/or alternative perspectives.
- And most importantly have fun!

## Something for everyone.

Registration fees start at only \$75 for the day 1 workshop through to \$760 for the full 3 day program. The conference has been structured in this manner to suit anyone and everyone. Discounts are available for group bookings.

## Who should attend?

- Mental Health Professionals
- Community Mental Health Professionals
- Educators
- CEO's and Managers
- Employees
- Students
- People with lived/living experience of mental distress
- General public
- Parents / Carers

## Worried about lockdown?

We are offering full refunds for anyone who needs to cancel their attendance due to Covid. Whether you're in lockdown, someone in your family falls ill, or we go into lockdown, whatever the reason, if it's Covid related, we're happy to give a full refund – no questions asked.

That way you can book your conference registration with confidence, knowing that if you have to cancel last minute, you can.



*high calibre*  
KEYNOTE SPEAKERS



## Keynote speakers.



**Dr Helen Street**

**Contextual Wellbeing: the experience of belonging and engagement that arises from connection to a healthy social context.**

Dr Helen Street is a trailblazer in the development of wellbeing and social and emotional learning programs in education in Australia and the Asia Pacific region. Her significant contributions to the field include publications which share innovative, creative perspectives and valuable strategies.

Helen has worked with schools and colleges around Australia and internationally in countries including England, Wales, Germany, Hong Kong and Singapore.

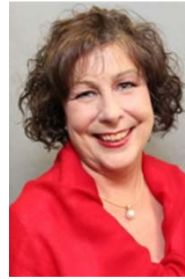
Helen continues to be a powerful advocate for school contextual reform and the revolutionising of traditional education systems. She writes and speaks regularly in schools and at conferences. She also continues to edit The Positive Times as free online resources for teachers, and to run the Positive Schools events in a bid to develop a better world for tomorrow's schools, today.

Helen is currently an honorary associate professor in the graduate school of education at the University of Western Australia, the chair of Positive Schools with Neil Porter, and most importantly of all, a keen painter, and besotted mother of three beautiful girls. Helen firmly believes that the only way we can sustainably, effectively support youth wellbeing is through the development of contextual wellbeing in our schools and colleges. Our role as educators is not to tell someone how to be well, or to reward them for behaving well. We must provide young people with a context in which they can flourish.

It doesn't matter how great a school's wellbeing program's ideals are, their impact will be severely diminished if they are not supported within the social context in which they are delivered.

Contextual Wellbeing recognises the fact that staff and students will only flourish in a school social context if that context is supportive of each person's key needs for self-determination and are equitable and inclusive.

The Contextual Wellbeing model divides the school context into four interrelated domains: the people in the school community, the physical space, the school policies and practices, and the social norms embedded in the school culture. It then addresses the healthy development of each of these four domains, so that 'Contextual Wellbeing' is supported throughout the entire school community.



**Judy Hatswell**

**Leader is not just a word on a business card.**

Judy was the first Australian Senior Faculty with The William Glasser Institute Australia and continue in this role and is a Past President of Glasser Australia. Judy is recognised Australia wide for her outstanding knowledge in the areas of student welfare, behaviour management and whole school approaches enabling students to be responsible for their behaviour. Having worked for many years as a specialist school psychologist for severe behaviour disorders she has trained staff, parents and specialist personnel in the concept and techniques for effective management.

Judy Hatswell is both a teacher and registered psychologist who has held managerial positions in state-wide and regional levels in student welfare, guidance, and behaviour disorders. She is currently working as a self-employed training consultant.

Most Leaders have a sound knowledge base of leadership, have the experience and have been to courses where they learn the skill of working collaboratively with others, however, many leaders fail when it comes to behaving respectfully and co-operatively in stressful situations.

Internalising Choice Theory enables many Bosses to become Leaders. When she/he really understand that the only person they can control is them self, leaders can reduce personal stress and focus on how they are behaving rather than trying to control others. When a leader internalises the Psychology of Personal Freedom, she/he can empathise with others but do not own their fears, the leader can step back and look at the bigger picture and asks what can I do to build trust and assist all my staff to succeed? To build a team where psychological safety is paramount and where staff feel supported to take risks that aim to improve the outcomes for everyone.

Leaders may not be the CEO, Manager, Principal, or other Executive. Leaders emerge from all different levels of an organisation. The traits of a good leader, no matter what their position is in the organisation, is that they gain trust and respect through listening and connecting with others. They understand and accept others quality worlds and differing perceptions whilst still maintaining everyone's focus on the positive outcomes to be achieved by the organisation. They work from a value base of integrity to build cohesion. They understand the qualities required to be a good leader. They build positive trusting relationships, listen, accept others, value difference, negotiate and provide a safe environment conducive to a joyful workplace where staff can show initiative and take risks.

An important lesson I learnt from another Senior Faculty, Barnes Boffey is that when you are looking at a problem, it is not what you are looking at, but what you are looking through. When a leader understands internal psychology, the solutions will be very different than if the leader has an external psychology approach. As Einstein said, "If I had an hour to solve a problem, I would spend 55 minutes looking at the problem and 5 minutes on the solution". It is our belief systems that guides our focus. Choice Theory enables the leader to focus on basic needs, the quality world and the perceptual system which puts him/her on the comparing place where the creative system will automatically start coming up with a variety of solutions.

Brene Brown has a quote in her book 'Dare to Lead' reported to be from a tribe in New Guinea that says: 'Knowledge is only information until it gets into your bones'. True Lead Managers have the tenants of Choice Theory and the strategies of Reality Therapy in their bones.

## Keynote speakers.



**Dr Cathy Kezelman**

**A trauma-informed world: the role of healthy relationships in recovery from complex trauma.**

Dr. Cathy Kezelman AM is a medical practitioner, mental health consumer advocate, President and Executive Director of Blue Knot Foundation National Centre of Excellence for Complex Trauma. She is past director of the Mental Health Coordinating Council (MHCC), past member of the Mental Health Community Advisory Council (NSW) and of Independent Advisory Council on Redress.

Cathy worked in medical practice for 20 years, mostly as a GP. Under her stewardship Blue Knot Foundation has grown from a peer support organisation to a national centre of excellence combining a prominent consumer voice with that of researchers, academics and clinicians advocating for socio-political trauma-informed change and informed responsiveness to complex trauma.

She is a prominent voice in the media and at conferences, as well as author of a memoir chronicling her journey of recovery from child sexual abuse: *Innocence Revisited- a tale in parts*. She is co-author of multiple seminal Blue Knot Foundation documents, and a range of other articles and publications.

On Australia Day 2015 Cathy was awarded an AM “for significant service to community health as a supporter and advocate for survivors of child abuse” and in 2020 the Pierre Janet Award from the International Society for the Study of Trauma and Dissociation for the best clinical, theoretical or research paper in the field of dissociation and/or trauma in the past year.”

More than 1 in 4 Australian adults are living with the impacts of complex trauma – repeated abuse, violence, neglect of exploitation experienced as an adult or child. I am but one of many, having my own experiences of child sexual and emotional abuse, and long journey to recovery. This presentation will weave between the personal and professional, and the individual and collective.

It will break down the ‘them and us’ of services and practice, focussing on the importance of relationship for recovery and wellbeing for all.

And consider systems and the process of trauma-informed change to bring the humanity back into systems and services and develop systems which are truly person-centred and not system-focussed.

Based on extensive research, clinical and lived experience perspectives this will be an integrative presentation designed to inform, inspire and educate. For some the concepts, will be all too familiar but it is their enacting and embedding which is core to the transformational change we need to build a healthy compassionate society together.



**Ivan Honey**

**The Get Happier School Journey: A story of challenges and opportunities in the application of Choice Theory.**

Ivan Honey is a Psychologist, International Trainer and a two-time #1 Amazon Bestselling Author with his children's book, *The Amazing Adventures of Doug Dragster*, and his new book *Happy Parenting: Raising*

*Positive and Empowered Kids*.

He is the founder of the new Get Happier Project which was researched and trialled in the Los Angeles School District in California, and is now being implemented in schools in Australia, New Zealand, and Asia.

Ivan works with many schools and teachers to implement the ideas and strategies of his practical psychology and wellbeing program in the classroom.

He teaches the psychology of self-esteem and relationships, emotional intelligence, well-being, motivation, and mindsets for resilience and high performance.

After creating many colourful resources, (see [www.gethappier.net](http://www.gethappier.net)), that were used by trainers, counsellors, and teachers all around the world, he and his team developed the Get Happier School program, a comprehensive developmental curriculum in Social and Emotional Learning for Primary Schools (children 5 -12 years).

In this inspiring session, Ivan will share the Get Happier School story. Ivan will share the reasons why he embarked on this journey, and how it aligned with the mission and vision of Dr Glasser.

He will explain the process of the development and evolution of the Get Happier School, over 15 years.

You will learn the key framework of the Get Happier School and see it in action in different schools.

How has learning Choice Theory helped you, and do you enjoy using Choice Theory to make a difference in the world?

As you listen to this story, you will also discover some clear and practical guidelines for facilitating positive change.





*gorgeous*  
LOCATION

## 2022 Conference Program.

DAY 1 – THURSDAY 29 <sup>th</sup> SEPTEMBER 2022 - CHOICES FOR THE COMMON GOOD WORKSHOP.	
8.15am – 9am	<b>Visions Room.</b> Day 1 workshop registration.
9am – 12noon	<b>Visions Room.</b> Day 1 workshop part 1 'Choices for the Common Good: Together we can build a better world through quality relationships.'  In this 1 day workshop delegates will learn how to minimise stress by focusing on what we can control, what we have influence over and what we have no control over. The workshop will explore what motivates us and others to make our own unique choices, and what can we do to create quality connected relationships. Delegates will learn the processes and the tools for self-evaluation that will empower you and others to have better relationships. Ideal for people new to Choice Theory.  Facilitators: Susan Fleming, Sue Berry and Maureen Sansom.
12noon – 12.30pm	<b>Visions Room.</b> Lunch for workshop attendees.
12.30pm – 3pm	<b>Visions Room.</b> Day 1 workshop part 2 'Choices for the Common Good: Together we can build a better world through quality relationships.'
3pm – 4pm	Break.
4pm – 6pm	<b>Visions Room.</b> Day 2 and 3 conference registration.
6pm – 8pm	<b>Visions Room.</b> Meet and greet cocktail function.





**DAY 2 - FRIDAY 30<sup>th</sup> SEPTEMBER 2022 - EXPLORING THE FREEDOM OF CHOICE CONFERENCE.**

8.30am – 8.45am	<b>River Room.</b> Official welcome.			
8.45am – 9.45am	<b>River Room.</b> Keynote presentation - Dr Helen Street. Contextual Wellbeing: the experience of belonging and engagement that arises from connection to a healthy social context.			
9.45am – 10.15am	<b>River Room.</b> Deep dive - Dr Helen Street. In a question and answer format, Dr Helen Street will dive further into the topic of her keynote.			
10.15am – 10.30am	<b>Reception Area.</b> Morning tea.			
10.30am – 12noon	<b>River Room.</b> Workshop 1. Building Culture and Lead Management. Cathy O'Toole.	<b>Bay Room.</b> Workshop 2. How to Use the Get Happier Toolbox Cards in Counselling and Teaching. Ivan Honey.	<b>Border Room.</b> Workshop 3. Thin Places - Living in The Margins. Mary-Ellen and David Davis.	<b>Wharf Room.</b> Workshop 4. Understanding 'How the Brain Works' when impacted by Adverse Childhood Experiences - Trauma. Sarah Rudling.
12noon – 12.15pm	Break.			
12.15pm – 1.15pm	<b>River Room.</b> Workshop 5. Contemporary marketing: the experience of values-based marketing increasing effectiveness and return on investment. Roxanne Grey.	<b>Bay Room.</b> Workshop 6. Implementing concepts of Choice Theory, Lead Management and Reality Therapy in the quest to be the first Glasser Quality Special School. Steve Dowlan.	<b>Border Room.</b> Workshop 7. Take Charge of Your Life: A Choice Theory program focused on ways we can look after our own mental health. Interested in offering Take Charge of Your Life in your community as a positive mental health program? Come and find out how! Sue Berry.	<b>Wharf Room.</b> Interview, media and chat room. Feel free to use the space to catch up.
1.15pm – 1.45pm	<b>Reception Area.</b> Lunch.			
1.45pm – 2.30pm	<b>River Room.</b> Keynote presentation – Judy Hatswell. Leader is not just a word on a business card.			
2.30pm – 2.45pm	<b>River Room.</b> Deep dive - Judy Hatswell. In a question and answer format, Judy Hatswell will dive further into the topic of her keynote.			
2.45pm – 3pm	<b>Reception Area.</b> Afternoon tea.			
3pm – 4.30pm	<b>River Room.</b> Workshop 8. Real Life Resiliency. Dr Helen Street.	<b>Bay Room.</b> Workshop 9. A Real-World Example: Introducing Choice Theory as a Social / Emotional Learning Program. Callum Gibbs.	<b>Border Room.</b> Workshop 10. Exploring the Dialogue of Suffering: A Professional Development Opportunity. Kalikamurti Suich.	<b>Wharf Room.</b> Interview, media and chat room. Feel free to use the space to catch up.
4.30pm – 4.45pm	Break.			
4.45pm – 5.15pm	<b>River Room.</b> Glasser Australia Annual General Meeting (AGM). All members are welcome.			
5.15pm – 6.45pm	Break.			
6.45pm – 10.30pm	<b>Horizons Room.</b> Conference dinner.			



**DAY 3 – SATURDAY 1<sup>st</sup> OCTOBER 2022 - EXPLORING THE FREEDOM OF CHOICE CONFERENCE.**

8.30am – 8.45am	<b>River Room.</b> Welcome.			
8.45am – 9.45am	<b>River Room.</b> Keynote presentation - Dr Cathy Kezelman. A trauma-informed world: the role of healthy relationships in recovery from complex trauma.			
9.45am – 10.15am	<b>River Room.</b> Deep dive - Dr Cathy Kezelman. In a question and answer format, Dr Cathy Kezelman will dive further into the topic of her keynote.			
10.15am – 10.30am	<b>Reception Area.</b> Morning tea.			
10.30am – 12noon	<b>River Room.</b> Workshop 11. Choice Theory Self Talk: A Road Worth Travelling. Garry Garnaut.	<b>Bay Room.</b> Workshop 12. Wellbeing and Schools. Debbie Buscall.	<b>Border Room.</b> Workshop 13. Codependency: Untying the Ties Through Reality Therapy. Sue Berry.	<b>Wharf Room.</b> Interview, media and chat room. Feel free to use the space to catch up.
12noon – 12.15pm	Break.			
12.15pm – 1.15pm	<b>River Room.</b> Workshop 14. Creative ways in engaging people using Labyrinths in Reality Therapy. Max Greive.	<b>Bay Room.</b> Workshop 15. Performance Development in a Glasser Quality School. Gwen Sands.	<b>Border Room.</b> Workshop 16. Inclusive lead management in practice. Louise Baxter.	<b>Wharf Room.</b> Workshop 17. The CounterPunch Method. Mercedes Taafe-Cooper.
1.15pm – 1.45pm	<b>Reception Area.</b> Lunch.			
1.45pm – 2.30pm	<b>River Room.</b> Keynote presentation – Ivan Honey. The Get Happier School Journey: A story of challenges and opportunities in the application of Choice Theory.			
2.30pm – 2.45pm	<b>River Room.</b> Deep dive - Ivan Honey. In a question and answer format, Ivan Honey will dive further into the topic of his keynote.			
2.45pm – 3pm	<b>Reception Area.</b> Afternoon tea.			
3pm – 4.00pm	<b>River Room.</b> Workshop 18. Adventures with the Chart. Rob Stones.	<b>Bay Room.</b> Workshop 19. When physiology is the most obvious component of total behaviour. Christine Duffield.	<b>Border Room.</b> Workshop 20. Getting through the small stuff well, and dealing with the big stuff better. Denise Landers.	<b>Wharf Room.</b> Workshop 21. Leading Happily Ever After... It is possible? Jodie Paterson.
4pm – 4.15pm	Break.			
4.15pm – 4.30pm	<b>River Room.</b> Conference close.			



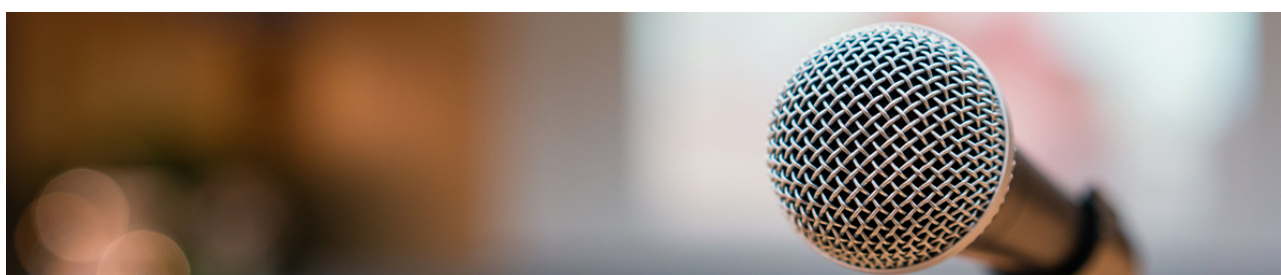
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**PERSONAL AND PROFESSIONAL  
DEVELOPMENT OPPORTUNITY**



## Registration fees.

Item	Fee	Inclusions
Full registration non-member.	\$760 per person.	Attendance for general public for conference days 1, 2 and 3, lunch on all 3 days, morning and afternoon tea on day 2 and 3, meet and greet function including 2 x standard drinks and canapes and dinner function including 3 course meal and entertainment.
Full registration member.	\$725 per person.	Attendance for Glasser Australia members for conference days 1, 2 and 3, lunch on all 3 days, morning and afternoon tea on day 2 and 3, meet and greet function including 2 x standard drinks and canapes and dinner function including 3 course meal and entertainment.
Day 1 'Choices for the Common Good' workshop registration.	\$75 per person. \$50 per person for groups of 2 or more.	Attendance for conference day 1, lunch.
Day 2 or 3 registration.	\$300 per person.	Attendance for conference days 2 or 3, morning tea, lunch and afternoon tea.
Days 2 and 3 registration non-member.	\$685 per person. Group bookings of 10 or more. \$600 per person. Student/concession \$550 per person.	Attendance for general public for conference days 2 and 3, morning tea, lunch and afternoon tea, meet and greet function including 2 x standard drinks and canapes and dinner function including 3 course meal and entertainment.
Days 2 and 3 registration member	\$650 per person.	Attendance for Glasser Australia members for conference days 2 and 3, morning tea, lunch and afternoon tea, meet and greet function including 2 x standard drinks and canapes and dinner function including 3 course meal and entertainment.
Days 2 and 3 registration.	\$540 per person.	Attendance for conference days 2 and 3, morning tea, lunch and afternoon tea.
Meet and greet function on day 1.	\$80 per person.	Attendance at meet and greet function. Ideal for partners and friends also – you don't have to be a conference delegate to attend this event. 2 x standard drinks and canapes.
Conference dinner on day 2.	\$100 per person.	Attendance at conference dinner. Ideal for partners and friends also – you don't have to be a conference delegate to attend this event. 3 course dinner and entertainment.
Vendor table.	\$50 per table.	A table in the venue foyer to display your business, school or organisation promotional materials. This includes the table only. Vendors will need to dress their table.



## Questions?

Please contact Paula from the Glasser Australia office on telephone 0427 667 385 or email [admin@glasseraustralia.com.au](mailto:admin@glasseraustralia.com.au)





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