

Choice Theory, Reality Therapy & Lead Management Training

Parenting who thought it could be this hard!

With **Nancy Snow**

Join us for a workshop of sharing knowledge, ideas and strategies that work for us and make the hard job of parenting happier, more effective and more harmonious.

Parents have never been under the pressures they are today. The speed and availability of new information through the internet and social media has never been faster; our children from an early age expect immediate gratification whether it is fast food or fast communication; as parents and teachers we have lost the tolerance and patience of the time it takes for our children to learn new skills and behaviours - we, too, want them to learn immediately.

Come and have a workshop of fun, learning and sharing and:

- understand why we and our children behave the way we do;
- know the difference between assisting children to be responsible for their behaviours and trying to make them do what we say;
- learn effective communication to help our children to take charge of their own behaviours and personality;
- learn how to build and sustain happier relationships with all family members.



Your Facilitator

Nancy Snow is the principal of Woodberry Learning Centre (WLC) – a school near Maitland in NSW for students with extremely challenging behaviours who could not be managed in their mainstream schools. Choice Theory is the underlying psychological framework for teaching and learning and behaviour management at WLC.

Nancy is a registered psychologist and a Basic Intensive Training Instructor in Choice Theory, Reality Therapy & Lead Management (CT/RT/LM) with the William Glasser Institute. She has run many courses including parenting, team building, conflict resolution and understanding human behaviour.

What is Choice Theory?

Choice Theory is not something you learn it is the way you choose to live your life – from the inside out, not the outside in. In other words, no-one can make anyone do, think or feel anything unless they choose to do, think or feel it. People just behave. We receive information and make a choice about what to do about it.

Choose from one of the three workshops:

Monday 5 March, 9.30am-1.30pm

Monday 5 March, 5.30pm-9.30pm

Tuesday 6 March, 5.30pm-9.30pm

Venue: 47 Coolibah Crescent, Alice Springs

Cost \$100 / Concession \$90 includes notes and light refreshments

Please book by 17 February: (08) 8952 3638 or kalikamurti@beyondbreathingspace.com

