



Basic Intensive Week in Choice Theory, Reality Therapy & Lead Management

INTRODUCTION:

Choice Theory is a specific approach to counselling, education, management and a problem-solving approach for day-to-day living. The training is useful for anyone who counsels, teaches, manages or supervises others or for those who want to learn to manage their lives more effectively.

- * Choice Theory (CT) helps people take more effective control of their lives.
- * Reality Therapy (RT) is a method of counselling based on Choice Theory.
- * Lead Management (LM) helps people develop a more collaborative environment in the home and in the workplace.

COURSE AIMS AND OBJECTIVES:

The Basic Intensive Week (BIW) is designed to help those who work with people and as a problem-solving framework for day to day living. Choice Theory, Reality Therapy (RT/CT) is a successful method of counselling which focuses on helping individuals to gain more effective control of their lives through self-evaluation, planning and realistic goal setting. It is a cognitive-behavioural approach to counselling and psychotherapy. Its concepts are clear-cut and user-friendly. Choice Theory focuses on learning a new way of improving one to one relationships, family systems, the school environment and the workplace. Lead management (LM) is a system of management that focuses on teaching managers and leaders to understand that the essence of quality is continual improvement, as defined by the manager and the staff together.

COURSE CONTENT

The course gives a comprehensive introduction to Choice Theory and its practical applications. The course is interactive in approach and includes lectures, group discussion, role play and creative methods of teaching. BIW instructors focus on creating a warm, safe environment that is free from fear or criticism. To achieve this tutors model involvement, openness, honesty and genuine encouragement within the group. Choice Theory includes learning how to effectively satisfy our five basic needs, understanding the connection between how our brain works and our behaviour and to recognise the purpose of any behaviour by understanding the interplay between our thoughts, feelings, actions and physiology. Reality Therapy includes learning how to help people manage their lives more effectively; how to create a safe therapeutic environment based on trust, to help people to evaluate and change their behaviour. Lead Management includes learning how to develop a collaborative environment in the workplace; manage others so they understand that the essence of quality is continual improvement as defined and evaluated by the manager and staff. The concepts of Reality Therapy, Choice Theory and Lead Management are not difficult to learn but intensive supervised training is necessary to achieve a good practical grasp of the methods.

SCHEDULE OF DATES:

Monday	22 nd March 2010	9.30am to 4.30pm
Tuesday	23 rd March 2010	9.30am to 4.30pm
Wednesday	24 th March 2010	9.30am to 4.30pm
Thursday	25 th March 2010	9.30am to 4.30pm
Friday	26 th March 2010	9.30am to 4.30pm



IICP Education & Training

Awarding Body: The William Glasser Institute. Attendance at **all training days** is necessary to qualify for the award of the Basic Intensive Week Certificate.

Basic Intensive Week Instructor: Marcella Finnerty, M.Sc., Advanced Instructor, The William Glasser Institute, MIACP, MIGC, MIITD.

Venue: IICP Education and Training, Killinarden Enterprise Park, Killinarden, D 24 **Cost:** €325.00 Prices are set by the William Glasser Institute Ireland

Deposit of €125.00* to be paid by Friday 19th February, the balance of €200.00 to be paid on or before registration Monday 22nd March 2010

Further Information: Norah: 01-4664205 / 087-9103332
Marcella: 01-2600805/ 086-2609989

BASIC INTENSIVE WEEK IN CHOICE THEORY, REALITY THERAPY & LEAD MANAGEMENT (March 2010)

Full Name: _____

Address: _____

Tel No: _____

Email : _____

Occupation: _____

Deposit of €125* Enclosed **Full payment of 325.00 Enclosed:**

Deposit payment is non-refundable

Cheques/postal orders to be made payable to IICP Education and Training

*Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due at registration or in advance. Cancellations must be made five working days in advance, or the course fee will be charged. Fees are non-refundable and full fees will be charged for no-shows on the day. Substitutions can be made at any time, subject to availability. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above.

Applications to: Ms. Gloria Fitzpatrick, IICP Education & Training,
Room 5, Killinarden Enterprise Park, Dublin 24