

Choice Theory

The Psychology of Personal Empowerment

CHOICE THEORY

- Taking the mystery out of behavior
- Why we do the things we do

- How perceptions shape reality
- The four essential components of behavior

REALITY THERAPY

- A model to help people take effective control
- Reducing stress through better choices

- An efficient approach to daily problem- solving
- Practical skills for everyday use

WHO SHOULD ATTEND?

- Business
- Teachers
- Administrator
- Corrections
- Counselors
- Educators
- Health Professionals
- Psychologists
- Psychiatrists
- Social Workers
- Clergy



Maureen Craig McIntosh
GET REAL WITH GRAMMY MO!

Training Programs In Choice Theory, Reality Therapy & Lead Management



*“You cannot make anyone do what he or she does not want to do.
We can only teach him a better way and encourage him to try it.”*

William Glasser

FACILITATOR:

Maureen Craig McIntosh

Tel: 506-386-5868

Fax: 506-386-0013

Mo@MaureenCraigMcIntosh.com

www.MaureenCraigMcIntosh.com



- Approved Senior Faculty of The William Glasser Institute
- Certified Coach, Trainer and Speaker
- Lifelong learner and loves helping people help themselves

www.MaureenCraigMcIntosh.com

APPLIED TO HEALTH

You will learn:

- An educational approach that helps reduce stress
- How choices impact health
- Transferable skills for everyday life
- 4 simple questions to promote healthy living

You will practice how to:

- Clarify wants
- Manage patient and family expectations
- Evaluate professional, patient and family relationships
- Address conflict from a "both-win" perspective

APPLIED TO BUSINESS

You will learn:

- The optimal work environment
- How to increase productivity and customer satisfaction
- 4 questions that promote responsibility
- 7 key elements to build strong teams

You will practice how to:

- Lead with clarity and confidence
- Work with management and employee expectations
- Conference with difficult employees
- Reach "both-win" solutions

APPLIED TO EDUCATION

You will learn:

- To create the optimal learning environment
- To teach the caring habits of effective relationships
- The 3 elements of class meetings
- A non-confrontational strategy for student conferences

You will practice how to:

- Tap into student motivation
- Conduct productive conferences with students and parents
- Implement a 4 step approach to problem-solving
- Teach Choice Theory® to students

APPLIED TO COUNSELING

You will learn:

- To use Choice Theory® and reality therapy in your work setting
- How to work with difficult clients
- Transferable skills for everyday life
- The 7 keys to strong relationships

You will practice how to:

- Clarify what clients really want
- Help clients evaluate the effectiveness of their choices
- Help clients move from victim to self-reliance
- Use Choice Theory® to guide the RT practice

TESTIMONIALS

"This training is of the utmost benefit to anyone in counselling and in business and sales, I believe it so beneficial that I went for the full certification last year. Maureen is an excellent trainer and I benefited so much with her support, not only in certification, but in all the previous years of knowing this amazing coach. Wishing everyone the best experience in choosing to open this new door to understanding human behavior and choices."

Mario Bourgeois Leduc
Owner, La Teraz

"Maureen is a warm person who is passionate about making a difference in the lives of the people she works with. She is very knowledgeable in her field and much can be learned from her! Maureen thank you so much for a great and "ah ha" filled training, you are a great instructor and such an inspiration. The reason I took this course is because of someone who you taught in the past, which I think says a lot. I felt so comfortable, and your enthusiasm and passion made me want to pay attention to every word. I so look forward to continuing on this journey!"

Jill Wakelin

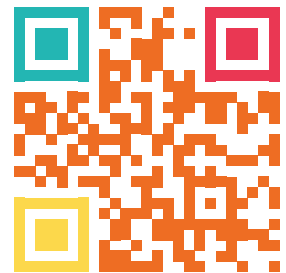
"Maureen creates a need satisfying, quality, learning experience in her courses. The knowledge you gain in working with her can be used both professionally and personally. She is passionate about teaching CT/RT/LM to the world... Thanks Maureen!"

Diane Leger,
Guidance Counselor, Dieppe, NB

ONLINE REGISTRATION

"Without question
this is the best
professional
development
training I have
ever had".

Carolyn Moore,
Guidance Counselor,
Edmundston, NB



Scan this code or go to:

www.MaureenCraigMcIntosh/Upcoming-Training