

T A K E CHARGE OF YOUR L I F E

How to get what you need

The late Dr William Glasser has written many books focused on human behaviour. As a tribute and celebration of his legacy, you are invited to attend a series of workshops based on his book **Take Charge of your Life**.

This knowledge helps you to...

- Gain effective control over negative feelings such as anger, guilt, depression and choose more positive thinking behaviours
- Become more self accepting and less critical of others
- Learn specific techniques for resolving conflict - inside oneself or with others
- Add happiness and connect better in important relationships

The sessions will cover

- Knowing what you can control and what you have no control over
- Needs, wants and things that are important to you
- Relationship habits
- Perceptions that shape our reality
- Behaviour choices

This workshop consists of a total of six Sessions, each 1.5 hour in length.

The 9 hours could be completed over 3 X 3 hour sessions or 2 X 4 ½ hour sessions.

Each session could be 1 week apart.

This workshop can be offered in Toowoomba and other areas and will involve only a small number of participants (10-12 maximum) (although if there is sufficient interest, additional workshops can be offered).

The cost of workshop is negotiable depending on the capacity of the participants to pay and whether or not it is to be sponsored by an organization.

If you are interested in attending these workshops or would like further information please email jarch1@bigpond.net.au or phone John Archibald on 0409 396 139 with your name and contact details - email and preferred phone number, so I can keep in contact and update you on the dates, times and venue when I have sufficient interested participant numbers.

If you have particular preferences in terms of times and possible dates, please let me know these.

Preferred day:

Preferred time: morning / afternoon / evening