

Choice Theory / Reality Therapy Basic Training

- Do you want your clients / students to be more successful?
- Do you have clients / students who would benefit from being more responsible?
- Would you like some tools, techniques and strategies to challenge your more difficult clients / students?

If you answered YES to any of these questions, you **do** want to attend the Basic Choice Theory / Reality Therapy Training!

You will gain **tools, techniques and strategies** that you can implement immediately!

- ✓ Keep your client focused on the real issues.
- ✓ Use negatively worded questions to help your clients /students evaluate more.
- ✓ Apply the language of responsibility with your clients / students.

Your **knowledge** of Choice Theory® and the Reality Therapy questioning process will help you shift responsibility to the client / student, where it belongs!

- ✓ "How" and "Why" people behave. (Choice Theory = Internal Motivation)
- ✓ The effective use of the Reality Therapy questioning process.

You will have **fun learning** and practicing!

Thank you again for being the Quality Professional that encourages, challenges, intrigues and entertains.

Luis Lilliard
Riverdale High School

My Intensive Week was one of the best buys I ever made for real value in life skills.

Les Holland / Retired Engineer
Mesa, AZ

Bob is very professional and a terrific motivator. I have had several opportunities to work with him and learn from him.....I highly recommend him as a trainer and consultant."

Laura Ellsworth, MA, LMHC
Evansville, IL

In this training ã You will experience a wide-variety of instructional processes to ensure that everyone's learning style will be addressed. PowerPoint, activities, lecture, discussion, videos, cooperative learning groups, skill-practice and humor will be used to provide an enjoyable learning experience for everyone. The emphasis is always on helping you get Better Results, Healthier Relationships and Increased Responsibility!

Objectives

Choice Theory: Psychological Framework of Quality

1. Identify, analyze and describe the five basic needs as they relate to themselves, clients, students, etc.
2. Explain the concept of quality world (Wants).
3. Explain how perceptions shape our reality and behavior.
4. Describe the concept of total behavior.
5. Analyze the behavioral habits that build and break down relationships.

The Questioning Process

1. Identify the four basic questions of Reality Therapy.
2. Practice creating SMART Goals and SMART Plans with clients / students.
3. Practice using questioning process that helps clients / students recognize the impact of their choices.
4. Practice using the questions to help clients /students set and monitor goals.
5. Demonstrate how to get a commitment to follow a plan.

Pathways to Quality

1. Understand the importance of implementing and integrating the Three Es to improve quality.
2. Describe the relationship between internal motivation, quality work and effective leadership.
3. Compare and contrast Lead, Boss and Laissez-Faire Management styles.

****Responsibility Education**

1. Analyze and compare the language of responsibility.
2. Participate in, and know how to design and conduct, class meetings and Cooperative Class Meetings
3. Practice using the questioning process for academic and behavioral conferences.

**Depending on the number of educatorsã

“We have all heard the expression “the whole nine yards.” I personally never understood that expression, being a football fan my entire life. If you only get nine yards you do not get the first down, you have to turn over the ball. **Bob’s program gives you that extra yard to get the first down, and have the opportunity to score.”**

Brian Landau
East Lee County High School