

## Registration Form

Basic Intensive Week

Advanced Intensive Week

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ PC \_\_\_\_\_

Occupation \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Payment may be made by cheque, Visa or Master Card.

Total cost: \$565.00 (HST Included)

Visa

Master Card

Card Number \_\_\_\_\_

Expiry date \_\_\_\_\_

- or -

Cheque payable to:

Maureen McIntosh

**Moncton Reality Therapy Consultants**

22 Wilson Road

Riverview, NB E1B 2V8



## Testimonials

"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

"This course is a truly life-altering experience, expertly facilitated by Maureen Craig McIntosh. I will cherish the memories of the safe yet challenging learning environment, and the friendships that will last a lifetime".

**Carolyn Turney**

Fredericton, NB

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

**Carolyn Moore**

Guidance Counselor, Edmundston, NB



Facilitator:

**Maureen  
Craig McIntosh**

Tel: 506-386-5868

Fax: 506-386-0013

maureen@monctonrealitytherapy.ca

www.monctonrealitytherapy.ca

*Approved Senior Faculty of  
The William Glasser Institute*

*Certified Personal and Executive Coach*

*Licensed Emotional Fitness Coach*

*Lifelong learner and loves helping  
people help themselves*

## Training Programs in Choice Theory, Reality Therapy & Lead Management



**Moncton Reality Therapy  
Consultants**

1-866-386-5868

Building Better Relationships with Choice Theory

## 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

**“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

## Who should attend?

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



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Building Better Relationships with Choice Theory

# Gaining communication skills to last a life time

## 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 counseling

### You will learn:

- to use Choice Theory<sup>®</sup> 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<sup>®</sup> to guide the RT practice

## 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<sup>®</sup> to students