

Choice Theory

“The Real Choice approach for development & change”

3-Day Basic Intensive Workshop

February 1st – 3rd 2012

Choice Theory and its many applications will give you a road map to your development needs. With it's simple to understand concepts and practical strategies you can walk away with skills you can apply immediately to your practice and your organisation.

Creative Alliance are offering a three day knowledge and skill-building workshop developing your ability to apply Choice Theory within your everyday contexts.

Participants will learn:

- What really motivates people
- Practical skills that can be used immediately to help in personal and organisational improvement
- How to help others to evaluate their own behavior and make more effective choices on a “want to” basis
- How to identify and focus on the underlying cause(s) rather than continually deal with behavioral symptoms

The Real Choice Approach enables people to direct their own lives, make more effective choices and develop capacity and strength to tackle stress and meet challenges more effectively.

It does this by teaching practically focused psychology of human motivation and behaviour (Choice Theory) and immediately implementable skills for creating an environment and client relationship conducive to creativity and positive change.

Although rooted in psychotherapy, the Real Choice approach is successfully applied to **coaching, mentoring, managing, supervising, education,** mediation, relationships, personal development, stress management and in other settings where relating to and communicating with people more effectively is recognised as essential for success.

Its expanding world wide appeal and application is evidence of the impact and potential this approach has both personally and organisationally

Early Bird fee: £ 395 – discount for 3 or more bookings

Interested or need to find out more?

Please contact Creative Alliance to book your **free** place to an ‘Introduction to Choice Approach’: 1.30 – 3.30pm Friday 2nd December 2011