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# Take Charge of Your Life in Nelson

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# Take Charge of Your Life in Nelson



Take Charge of Your Life is a six hour workshop co created in 2014 by the author and three other members of the William Glasser International (WGI) Board as a tribute to Dr William Glasser, who had passed away in August the previous year.

This workshop, with a Facilitator Guide, Participant Manual and sample PowerPoints, was trialled and evaluated by WGI Faculty from July to December in 2014. The 2015 version was uploaded on the WGI Website and Faculty from around the world were able to download the material and begin facilitating the workshop. In 2016 new activities were added and resources updated.

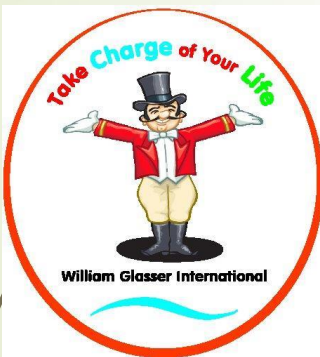
**“I have noticed that happy people are constantly evaluating themselves and unhappy people are constantly evaluating others” W Glasser MD**



# T A K E C H A R G E O F Y O U R L I F E



Life's a circus  
You are the ringmaster



Sometimes in life, everything goes smoothly and at other times it may well feel like a circus.

The complexity of family or work relationships and human interaction means sometimes people are anxious, angry, upset and feel negative.

This workshop is aimed at helping people to choose to be mentally fit and able to deal with most ups and down in life.

Take Charge of Your Life was facilitated with Resource Teachers Learning and Behaviour in the Nelson Bays area from the Ministry of Education in New Zealand.

**Knowing Choice Theory helps you maintain balance in the face of challenging situations.**

# Take Charge in Nelson



- ▶ Dates: 5<sup>th</sup> and 19<sup>th</sup> February 2016
- ▶ Thirteen out of eighteen participants completed the full 6 hours. Data gathered for the purposes of research, only included those who completed the six hours. The workshop dates clashed with other training for several of those who could not attend both days.
- ▶ Venue: Ministry of Education, Nelson

# Take Charge in Nelson

**Lyn Evans is the Regional Coordinator of the William Glasser Institute-New Zealand.**

- ▶ Following discussions with Bette Blance the president of the William Glasser Institute-New Zealand (WGINZ), Lyn accepted the offer for WGINZ to sponsor a six hour workshop, *Take Charge of Your Life* for the Resource Teachers Learning and Behaviour (RTLBs) in the Nelson Bays area.

William Glasser Institute-  
New Zealand sponsors *Take  
Charge of Your Life* around New  
Zealand

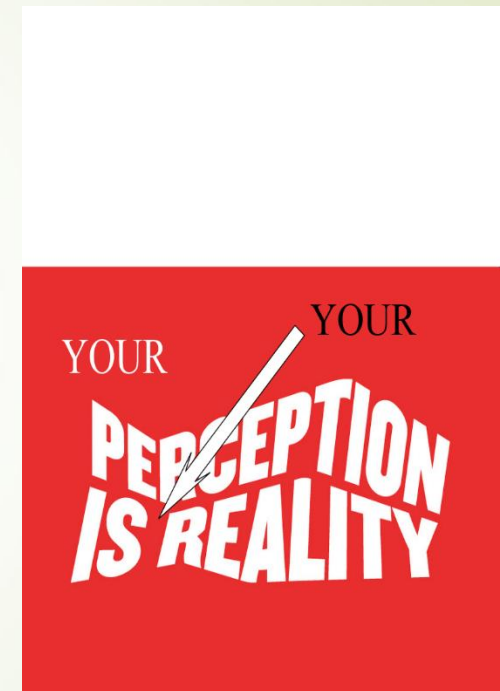
The workshop was set in two three hour-sessions with two weeks between sessions to enable participants to engage in reflection.



# Content of the workshops

## The six sessions of the Take Charge workshop

- ▶ Shifting Your Mental Model
  - ▶ Shifting from external control psychology thinking to internal control psychology understanding
- ▶ Discover you Basic Needs, Wants and Beliefs
  - ▶ Satisfying our needs through our pictures
- ▶ Create Positive Relationship Habits
  - ▶ Recognizing our impact on others
- ▶ Learn the Power of Perception
  - ▶ Clarifying how we see the world
- ▶ Understand the Components of Behaviour
  - ▶ Behaving to control our perception
- ▶ Take Charge of Your Life
  - ▶ Choosing to be mentally healthy



# Reflective tools

## Geometric Close

- ▶ Different perceptions is OK
- ▶ Easier to be positive
- ▶ Negative people effect the whole relationship - can understand with people being stuck in Survival
- ▶ Habitual behaviours
- ▶ Better perception of what they are wanting
- ▶ In the open and closed shower curtain they were both right
- ▶ Sit and listen – unpack – seek to understand
- ▶ Time to reflect



# Reflective tools

## The main thing you appreciated about the whole workshop

- **Knowing that**
  - you have choices
  - the only person you can control is yourself
  - can't blame anyone else as you are in control
  - mentally healthy now!!
  - time for oneself is important
  
- **Workshop structure**
  - pace – was not rushed
  - having the two weeks

## ➤ The Facilitator

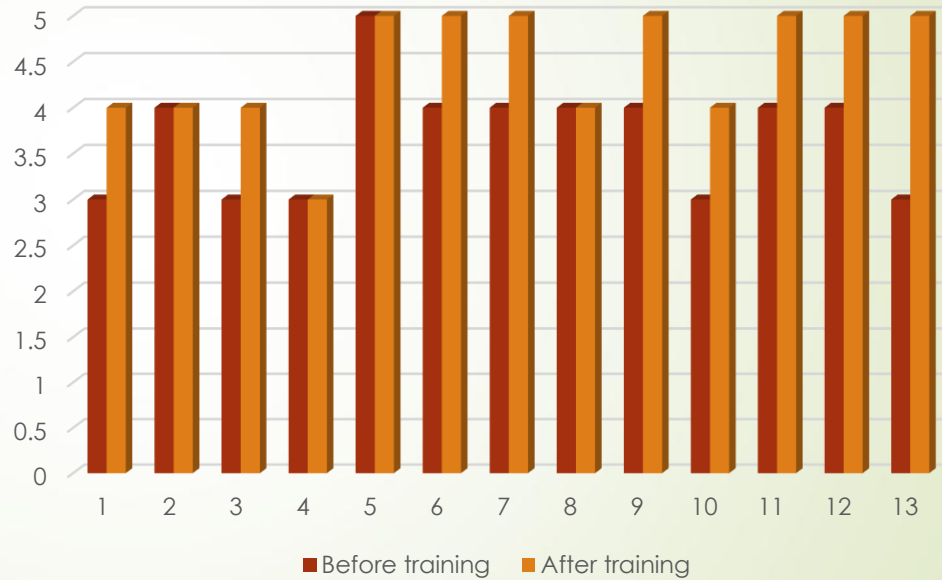
- allowed others to come up with responses
- allowed time for self reflection. People will change when the self reflection time is given.



# research

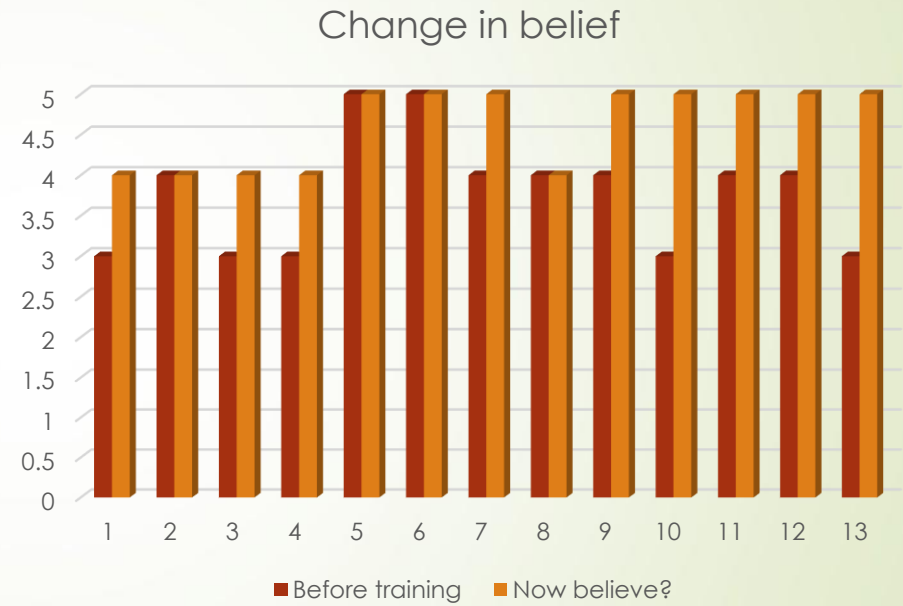
How much are you in control of your life?

### How much are you in control?



# research

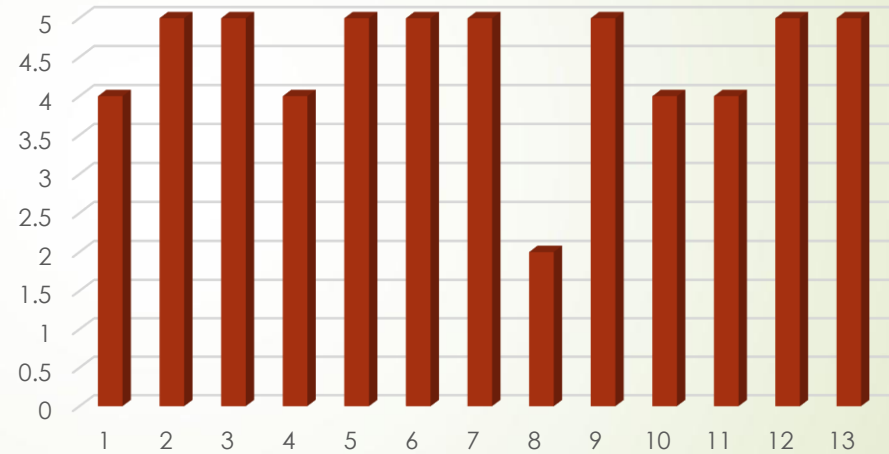
How much do you now believe that you can take more control of your life?



## research

How much do you think that Choice Theory will help you with your future interactions?

Future interactions



# Optional questions

Something I now  
realise is...

- What I have control over is me!
- I had come across the car analogy before but not fully understood it. Thanks.
- You have to make time to consider, act and evaluate.
- I have more control than I thought.
- I need to keep working on balance.
- I already know a lot which is great. Chose 20% because I can tweak a few things in my life.
- How far along this path I already was!
- It is my choice to feel/react in situations. Greater recognition of one's perception in situations.
- The Relationship Habits and the reflective question as to whether it is bringing us closer together or pushing us further apart.
- Everyone's Basic Needs are different.
- It is OK to make conscious choices – to be in control.

# Optional questions

I plan to take charge  
of my life by...

- Being in control of my choices and not feeling guilty by making excuses.
- Letting others be themselves.
- Not sweating the small stuff. Thinking more about whose problems, wants, needs are being met. Listening and reflecting more needs.
- Finding balance – getting my scales balanced (more consistently)
- Continuing the journey 'with attitude & posture' 😊
- Being more mindful and more flexible in having time for me
- Being more aware of my choices.
- Keeping a small part of each day to consider my choices and needs.
- I feel I am in charge of my life. I like some of the activities and strategies.😊
- "Knowing what it is that I really want"

# Where to from here?

**We leave a workshop with 100% of what we know. Over time this information, understanding, skill is diminished until it just becomes a past memory.**

Ten people indicated they would like to learn more. There are a number of different ways that this might happen.

1. Gathering information from websites

[www.wglasserinternational.org](http://www.wglasserinternational.org)

[www.glassernz.org.nz](http://www.glassernz.org.nz)

[www.wgia.org.au](http://www.wgia.org.au)

2. Mental Health and Happiness Challenge

<http://mentalhealthandhappiness.com/our-daily-challenge/>

recommendations

# Where to from here?

Social Media

## Facebook pages

<https://www.facebook.com/William-Glasser-179608492133916/>

<https://www.facebook.com/Take-Charge-of-Your-Life-Tribute-Workshop-1636900799872836/>

<https://www.facebook.com/GlasserQualitySchool/>

<https://www.facebook.com/Choice-Connections-198874153594062/>

## Groups

<https://www.facebook.com/groups/15956624805/>

<https://www.facebook.com/groups/108100502557681/>

<https://www.facebook.com/groups/choicetheoryinnezealand/>



## Recommendations

# Where to from here?

### Formal Training options

Those wishing to continue training could enrol in a Basic Intensive Training.

People who have already completed a Basic Intensive Training, could begin a practicum. Take Charge of Your Life would be considered as six of the 20 hours face to face. Further hours could be completed on-line.

A follow up session in six months could reinforce the understandings gained in the six hour workshop.



thank  
you

**contact information**

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