

COME AND JOIN US FOR CHOICE THEORY AND REALITY THERAPY RESIDENTIAL COURSE

Choice Theory maintains that:

- all we do is behave,
- almost all behaviour is chosen,
- we are always driven to satisfy five basic needs; survival, love and belonging, power and self worth, freedom and fun and enjoyment.

What does the course involve?

The course will take place in an **outdoor setting** rather than a conventional classroom. You will be learning and undertaking activities (land and river based) using the natural environment, to help bring the concepts of Choice Theory alive. There will be plenty of opportunity to explore **how to apply the ideas and practical tools** you learn into the school setting you work in.

This approach **helps people take more effective control of their lives** which offers immediately useable skills that enable people to re-direct their own lives, make more effective choices, and develop their resilience to handle the challenges of life more successfully.

It has a track record of improving:

- Personal development,
- Emotional wellbeing and
- Behavioural change

Who will benefit from this course?

Anyone interested in supporting people more effectively, including those who work with young people in the areas of personal development, mental health, employability, education, addiction, care or outdoor activity settings.

When and Where?

15-18th April 2019

At Green Park Centre, Aylesbury

Price £500 all inclusive

Please contact michelle.wickham@manorgreenschool.co.uk to express your interest by 31st January 2019