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Take Charge of Your Life

This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*. Join us to learn: why you do what you do; what really matters to you; how to stop letting people control you; and how to create a meaningful, fulfilling, and happy life!



Journey with The Glasser Institute for Choice Theory (GIFCT), through the principles of Choice Theory, and answer personal questions that will give you insight and understanding into your own thoughts, words, and actions.

Discover how to take your goals and dreams and turn them into reality.

Step away from harmful relationships, and become a part of healthy, loving relationships. Become a parent who raises confident, caring children. Learn about addictions, pain, illness, and misery, and how to transform your life with new choices that work for you.

LEARN MORE

Difficult Discussions in Diversity

The Difficult Discussions in Diversity calls are moderated by Gloria Cissé, who is a Glasser Scholar. These calls do not have titles, but listen to a few of them to get a sense of how powerful these conversations can be. These calls are held on the 3rd Saturday of the month.

Making Sense of It



Each week a member presents insights and experiences in Choice Theory. Topics include a wide range of areas from career growth, grief counseling parenting unruly teens, managing diversity in the workplace, weight loss, dating, dealing with difficult people among others.

Upcoming Topics:

December 4th - Exploring the Essentials of Lead Management with Jim Mishler

December 11th - My Favorite Teacher with Mona Dunkin

December 18th - Applying Choice Theory as a Special Education Delivery Method with Rachel McElroy

Wednesdays at 8 am Pacific/9 am Mountain/10 am Central/11 am Eastern
Join here: <https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>

Greet the Week

Mondays have received a bad rap. Greet the Week is a way of bringing sunshine and good cheer into your workweek. Life is all about perception, so when you think and act differently, more positive feelings and healthier physiology follow. Guaranteed.

Greet the Week



Upcoming Topics:

December 2nd - Change is an Inside Job

December 9th - Continuous Improvement and You

December 16th - Is it Nature or Nurture?

December 23rd - I Wish You Joy

December 30th - Get a Jump Start on 2020

Mondays - 1700 UTC (1:00 pm CDT).

Join here: <https://wgi-s-school.thinkific.com/courses/greet-the-week>

Dear Glasserites,

Don't you love attending Glasser events? Re-connection with longtime co-horts? New friendships formed? The knowledge gleaned? The fun?

You can have a taste of that every Wednesday morning. How? By joining us online for Making Sense of It, a connecting format rolled out April 2019.

Here's the gist. Every Wednesday, a Faculty or Certified member presents a 20-minute talk on an aspect of Dr. Glasser's amazing theory/therapy. Following the talk, the presenter and I chat briefly and the program is officially over. BUT, after the recorded part is stopped, the airwaves are opened to the live audience for comments or questions. It becomes so meaningful and engaging. I am humbled to be the host.

The speakers thus far have been amazing. Check it out. <https://wglasser.com/get-started/making-sense-of-it/>

We Want YOU. I know you are a pro - that being said - here are the guidelines developed by the Product Creation Committee. The format for Making Sense of It is designed with the Ted Talk success in mind. In a nutshell, each speaker's presentation is asked to contain similar "secrets" (below) and - to keep attention flowing - speak for 18 to 20 minutes (longer than 20 minutes and the audience loses interest).

Be yourself, of course, while adding a sprig more spice than usual. You are welcome to make and use an outline for yourself to keep on topic, and you may have visuals if you like. But more about that later, we can chat or e-mail to smooth out the particulars.

I need your commitment to be a speaker. Can I count on you?

Choose your topic and a catchy "teaser" about your subject. I also need a short bio. If you are unfamiliar with Zoom, let me know and we can do a one-on-one tutorial of how to connect, how to share screen with audience, etc.,

I look forward to hearing from you soon, e-mail monadunkin@gmail.com or phone 254-749-6594.

Together, let's grow The Glasser Institute for Choice Theory. What a GIFT!

Blessings,

Mona

TED talk 9 Secrets:

1. Unleash the Master Within
2. Master the Art of Storytelling
3. Have a Conversation Practice (speak like talking to a friend)
4. Teach me Something New
5. Deliver Jaw Dropping Moments
6. Lighter Up - don't take self too seriously
7. Stick to the 18-Minute Rule
8. Paint a Mental Picture with Multi-Sensory Experiences
9. Stay in Your Lane

Making Sense of It template

1. Every Wednesday - 11AM Eastern, 10AM Central, 9AM Mountain, 8AM Pacific
2. 30-45 minutes of fun fact-filled information
3. Moderator Mona Dunkin - welcomes audience, lays format and introduces speaker/subject
4. GIFCT Subject Expert - YOU - Topic Introduction and fact-filled spiel about how you use Choice Theory for a fulfilling life (18 minutes)
5. Moderator brings dialog to a close, chats with and thanks guest and those tuned in
6. Taping is shut off and moderator invites Q&A between speaker and those tuned in
7. The moderator/speaker part is recorded and uploaded to GIFCT website; Q&A portion is recorded separately for members, not the general public.

Basic Training

December 6-8, 2019
Winston-Salem, NC - Nancy Herrick

December 6-8, 2019
Orange Co, CA - Lester Triché

January 3-5, 2020
Orange Co, CA - Lester Triché

January 9-11, 2020
Scottsdale, AZ - Nancy Herrick

January 24-26, 2020
Waco, TX - Mona Dunkin

February 7-9, 2020
Orange Co, CA - Lester Triché

March 6-8, 2020
Orange Co, CA - Lester Triché

April 3-5, 2020
Orange Co, CA - Lester Triché

Advanced Training

January 9-11, 2020
Scottsdale, AZ - Nancy Herrick

July 23-26, 2020
Chicago, IL

For more information & to register for trainings go to <https://wglasser.com/events/training-certification/>

As informed by Wendall Walker: We are sorry to announce that we have lost one of our CTRTC friends, Dorothy (Dot) Myers of Tifton, GA. She was a school educator in Jasper, GA when she completed her CTRTC training in the 80's.

