



## A message from the President

**GIFCT-US Mission: to lead the application and growth of Choice Theory to create a world in which people make responsible, respectful choices, and build healthy, fulfilling relationships by applying the concepts of Choice Theory**



### You Have the Power!

Do you know the best-kept secret for leading a fulfilling life? It's called Choice Theory! A part of that secret is that you have the power within you right now to overcome anything that life throws your way.

Let's face it, life happens. When you embrace the concepts of Choice Theory, you are taking charge of how you live that life. You are telling the world that you will persevere no matter what happens.

When you apply these concepts, you create a shift in your thinking. You understand that you can take that power that is within you to change how you feel. Of course, you can't just snap your fingers and change from being sad to happy. You first have to change what you're thinking and what you're doing.

Once you start doing that, you are taking responsibility for your life. What that means is that you are in full control of how you respond to any situation. You can choose to go around blaming everyone and everything for what happened to you or you can do something that will get you what you want.

Part of this well-kept secret is that feelings are merely signals. You do not have to act out on those feelings. You can take a minute to determine how what you're thinking is affecting those emotions. Then, find something you can do that will help you to feel better.

For example, when you're having a rough day, instead of thinking "Why me?", you tell yourself "I can get through this." Then, you can go outside and take a walk to remove yourself from the situation. You can hold your head up, take confident steps or smile and say "hi" to everyone you see. During an unpleasant discussion, you can choose not to raise your voice and understand that the other person may be having a worse day than you are. Or, you can just stop and think about what you are grateful for. Even in your darkest moments, you can always find something to be grateful for. And, when you're feeling gratitude, pay attention to how those negative emotions melt away.

When taking responsibility for your life, YOU create your future. You decide which path you will follow. Which will it be? The one that makes you feel miserable or the path that will lead to growth and satisfaction?

Oh, and talking about something making you feel miserable... Another secret you will learn is that no one can make you feel or do anything without your permission. You always have the choice to make the changes needed to fulfill your dreams.

The concepts of Choice Theory can be utilized in all areas of your life:

- Counselors can use them with their clients
- Teachers can empower their students
- Supervisors can motivate their direct-reports
- Parents can create healthy and loving relationships with their children
- Couples can create a more satisfying marriage
- And the list goes on...

Literally, in any position you are in or want to obtain, knowledge of Choice Theory will help you to be more effective with the people you have to deal with. You can get more of what you want more easily and you can build better, more effective relationships, like becoming a better parent, having a more solid and fulfilling marriage, being a better manager or teacher. These can all be achieved in a very short time. This is all happening, right now, for thousands of people.

Here's how you get started. Check out our website. There you will find free handouts, recordings of discussions regarding counseling, everyday life, diversity and education. You can also enroll in our courses to learn the basic concepts.

Now that the secret is out, what's holding you back from creating a more fulfilling life for yourself?

Until next month.

Jan Moré  
President, GIFCT-US Board



## Events & Courses

### Reality Therapy Corner



February 28, 2023 - 12-1PM EST

Join Lucy Robbins and featured guest Mona Dunkin leading a discussion about working with difficult clients using Reality Therapy.

Please sign up for the course here:

<https://wgi-s-school.thinkific.com/courses/reality-therapy-corner>

## Difficult Discussions in Diversity

February 18th - 2PM EST

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.

<https://wgi-s-school.thinkific.com/courses/diversity>



## Greet the Week



with Mona Dunkin and Friends

February 6th – Work Integrity  
February 13th - To Be More Loving  
February 20th - The Losses of Life  
February 27th - Brain Training for Pain Management

**Mondays - 1800 UTC (1:00 pm Central)**

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

## Making Sense of It

February 1st - The Four Lead Management Roles & Why We Need Them, Part 1 with Jeff Steedman  
February 8th - Lead Management in a Power Station Setting, Part 2 with Jeff Steedman  
February 15th - Upcoming book with Robert Martin  
February 22nd - Is It Impossible to Fail at Genuine Effort with Mona Dunkin

**Wednesdays at 8 am PDT//9 am MDT/10 am CDT/11 am EDT**

<https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>



## Glasser Quality School Forum

February 23rd - 3pm EST



<https://wgi-s-school.thinkific.com/courses/GQS>

## Research Committee Meeting

February 24th - 5pm EST



<https://wgi-s-school.thinkific.com/courses/research-symposium>

# Online Basic Training

Sign Up

## Living Life with Choice Theory

There are 10 scenarios included in this course, each one depicting a different troubling situation. The slides then take you through the thought process of identifying your thoughts, feelings and actions. You are then asked to evaluate whether the actions are helping the character to get what they really want. Several concepts of Choice Theory are then introduced, which result in giving the character various options to move forward.



<https://wgi-s-school.thinkific.com/courses/living-life-with-choice-theory>

## Glasser Class Meetings

Course includes 37 topics to:

- \* initiate discussions to be better connected with your students.
- \* help students to be more responsible for their own behavior.
- \* teach students to become more tolerant of others.

NEW COURSE!



[www.wglasser.com](http://www.wglasser.com)

<https://wgi-s-school.thinkific.com/courses/glasser-class-meetings>

LEARNING  
NEVER  
ENDS



## Take Charge of Your Life

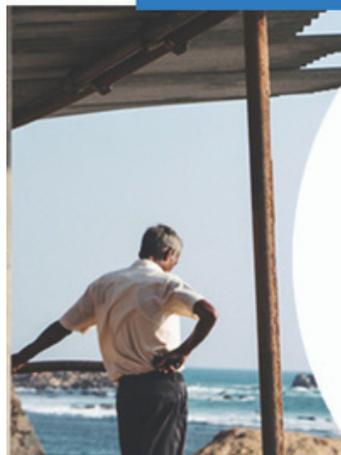
This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*.

It's time to put yourself  
back in the driver's seat!

Join us to learn:

- \* Why you do what you do
- \* How to stop letting people control you
- \* What really matters to you
- \* Letting people who control you
- \* How to create a meaningful, fulfilling, & happy life!

Apply the universal system for empowering yourself  
and improving your relationships with others.



<https://wglasser.com/tcoyl>

## Upcoming Trainings

### Basic Training

February 9-11, 2023 (Virtual)  
with Judith Klefman

February 21-23  
with Nancy Herrick  
Winston-Salem, NC

April 3-6, 2023  
with Kim Olver  
Chicago, IL

May 8-10, 2023 (Virtual)  
with Judith Klefman

May 25-27, 2023 (Virtual)  
with Judith Klefman

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