

## ***Understanding Human Behavior: Choices & Decision Making***

**Dates:** April 17-18, 2026

**Location:** Bethlehem PA: A UNESCO World Heritage Site  
Hyatt Place Bethlehem, 45 North Street, Bethlehem PA 18018

### **Conference Workshops**

***Friday April 17<sup>th</sup>***

1:00- pm 4:00 pm

***Introduction to Choice Theory: Why We Do What We Do...and what's that got to do with me?*** Shruti Tekwani, LMHC, BCC, CTRTF & Lois DaSilva Knapton Ed.D., CTRTF

Learn how our five basic needs shape behavior and explore practical ways to apply these ideas in relationships, work, and everyday life. Walk away with insights and strategies you can use right away.



#### **Shruti Tekwani, LMHC, BCC, CTRTF**

Shruti is a Licensed Mental Health Counselor who specializes in trauma, grief, and loss. She is also a certified coach and works as a School Counselor at the International School of Curacao. She received her Masters degree in Counseling Psychology from Northeastern University and has 13 years of experience working with college students in crisis and in a counseling environment. Shruti is a Basic Instructor for the William Glasser Institute and has formerly sat on the Choice Theory international and national boards.

Shruti also serves on the conference committee for the Sibling Leadership Network, an organization that supports siblings of people with disabilities. She serves on the MSSN (Massachusetts Sibling Support Network) Board of Directors and on the Board of Directors for the Indian Merchants Association Netherlands Antilles.

#### **Lois DaSilva Knapton Ed.D., CTRTF**

Lois is a loving wife, mother, grandmother, foster parent, educational administrator, budding author, and house flipper. I am also a former ski instructor for the disabled, college professor, ballroom dancer, coach, and referee, and I performed in community theater. I love to go camping and sing karaoke. I have done missions work in Nairobi, Kenya, Africa, in 2011, 2012, 2015 and 2022. I have served as the NE



Rep. to WGI and the President of GIFCT-US board. I am currently enjoying retirement from 28 years in educational administration and looking forward to my next adventure.

4:15-5:00: ***The Student Led Classroom*** with Judith Barnes Claps, BA, M.Ed, CTRT certified

Imagine a vibrant classroom in which students learn not only information and skills, but also how to listen to one another, back up their opinions with facts, how to discern essential material all while having fun working together to ensure that everyone succeeds.

***Saturday, April 18<sup>th</sup>***

9:00 am -5:00 pm

***Mental Freedom®: Empowering Educators and Counselors to Thrive Personally and Professionally***

Kim Olver LCPC, NCC, BCC, Speaker, Author, Trainer, Coach

- Do you ever feel weighed down by the emotional energy of those you serve?
- Do you ever find yourself so overwhelmed by your own personal challenges that it's hard to stay fully present with your students or clients?
- Do you wish you had practical tools to strengthen your well-being while deepening your impact on others?

Mental Freedom® offers a powerful framework for shifting from stress and frustration to calm, clarity, and choice. In this interactive six-hour workshop, you'll explore the six principles of Mental Freedom®, each designed to help you take responsibility for your happiness, transform painful emotions, and model healthy thinking for others. Through a combination of engaging instruction, small-group discussions, and real-world applications, you'll learn how to use these tools both personally—to enhance your own resilience and joy—and professionally—to create more empowering relationships with students, clients, and colleagues.

By the end of the day, you'll walk away with:

- **Personal tools** to quiet mental noise, manage emotional triggers, and reclaim innerpeace.
- **Professional strategies** to guide others without rescuing them and foster mutual respect and empowerment.
- **A renewed sense of confidence**, clarity, and balance in how you live, teach, and serve.



**Kim Olver LCPC, NCC, BCC**

Kim Olver has served as Executive Director of the Glasser Institute for Choice Theory–US (2010–2020) and William Glasser International (2013–2023), where she advanced Dr. Glasser’s work worldwide through speaking, training, and leadership. A passionate advocate of Choice Theory®, Reality Therapy, and Lead Management, Kim has trained thousands of professionals to create more effective, compassionate, and internally motivated environments. She is the founder of Olver International (formerly *Coaching for Excellence*, established in 2004), where she continues her mission to help people take responsibility for their happiness and success. Kim is also the creator of Mental Freedom®, a process built on the solid foundation of Choice Theory that empowers individuals to transform their thinking, relationships, and overall well-being.