

# TAKE CHARGE OF YOUR LIFE!

William Glasser International is delighted to offer a 4-hour workshop that presents ways to improve our own mental health and wellbeing. This workshop has been accredited by WGI and is taught by an accredited workshop facilitator.

Workshop content:

*Part 1: How much time do we spend trying to change things that are not in our control? Learning to focus on things we can control.*

*Part 2: Why do we make particular choices in our life? Learning about what drives our decisions.*

*Part 3: How much of our joy and suffering involves our relationships with the people who are most important to us? Learning to create positive relationships.*

*Part 4: Why do we think what we think? Learning how our perceptions affect our choices.*

*Part 5: What happens when we don't get what we want? How can we stay balanced? Learning to respond rather than react to certain situations.*

*Part 6: How can we take responsibility for our own mental health? Creating a plan to manage our own mental well-being.*

*The workshop will take place from 1pm-5pm on Friday, October 13<sup>th</sup>. Location TBA, but it will be in the Danielson, CT area.*

**As a special promotion, we are offering the workshop at a \$50 discount, so your price is \$47. That includes a certificate of completion and a participation manual.**

Please email Shruti Tekwani at [shruti@wglasser.com](mailto:shruti@wglasser.com) with any questions you may have about this workshop.

When you choose to include this workshop, add the \$47 cost to your conference registration cost.