



IVAN HONEY

Psychologist · Trainer · Author



Four Day Intensive Workshop

Learn the Positive, High Performance Psychology of Choice Theory.

Practice the counselling and communication skills of Reality Therapy.

Understand the process of Lead Management and achieve high quality outcomes.

Did You Know?

- Over the past twenty years Ivan has trained more than 10,000 people in Choice Theory throughout the world.
- Choice Theory is taught by Faculty of the William Glasser Institute in over 50 countries.
- Reality Therapy has been endorsed by the European Association for Psychotherapy as a valid, scientific therapy.
- Choice Theory says that improving the quality of our relationships increases happiness, productivity and wellbeing.
- The American Psychological Association has just published Dr Robert Wubbolding's Book 'Reality Therapy' in its series of 'Key Psychological Theories' reference books.
- Many schools around the world use the Choice Theory framework to improve relationships and enhance learning outcomes for students.



WILLIAM GLASSER
INSTITUTE AUSTRALIA



Imagine... There is a process you can use to work out how to get the very best from your life. Rather than using random, trial and error approaches to life, you use this process to work out what you want and how to get it. You are then able to become the architect of your own life.

There IS a process!

Welcome to the positive psychology of **Choice Theory**, and its applications in **Reality Therapy, Lead Management, Quality Schools** and **Personal Wellbeing**.

During the past 25 years, I have used this amazing process to assist individual and corporate clients to **transform** their lives and organizations. I have used it with myself, my family and my friends to **improve relationships** and **achieve great outcomes**.

I have had the privilege of teaching Choice Theory and its applications in Australia and countries around the world. As a result I have discovered a **dynamic, positive** and **inspiring** network of people practicing and sharing this positive psychology.

I have been inspired to create a range of exciting new products for you to teach and understand **Emotional Intelligence, Positive Psychology, Resilience** and **Happiness**.

I invite you to begin your journey by investigating these powerful training options and products.

Frank Honey

Over Four Days

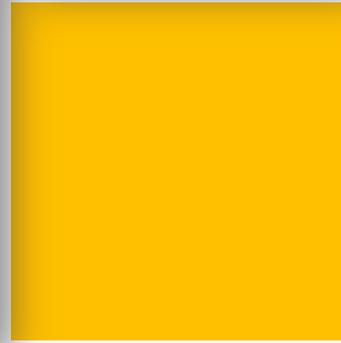
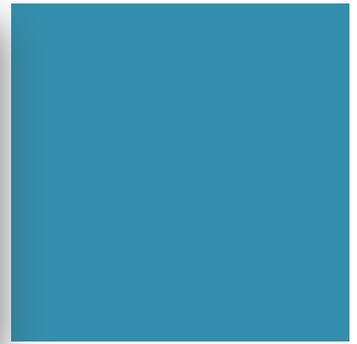
What will I learn?



- The five **basic needs** that **drive behaviour**, and how to utilise this knowledge with yourself and others.
- The four parts of **total behaviour**, and how you can use this to manage your emotions effectively and rapidly achieve outcomes.
- The **quality world** which represents the **source of motivation and inspiration**, and how to access this for yourself, your staff and clients.
- The three major **perceptual filters**, through which we view the world and create our own reality.
- Dr Glasser's '**Car Metaphor**' as developed through The Doug Dragster Program and Cars'R'Us Kit. You can use these to explain and simplify the model, and assist people through a gentle, highly effective process to manage change.
- How to apply Choice Theory to **Lead Managing**, to create systems that provide high levels of quality and the best outcomes.
- How to apply Choice Theory to **problem solving** also using The Doug Dragster Program and Cars'R'Us, Learn the most effective questions to ask to assist people to help themselves.
- How to apply Choice Theory to your own life to **maximise your emotional health**, and provide a sustainable approach to personal development.
- How to create a more **peaceful life**, by giving up trying to control others or allowing others to control us.
- Learn the basics of **The Doug Dragster Program**. The program helps equip children and adults with the keys to taking control of their own lives and become confident, strong and resilient. The program provides a framework to develop good relationships and emotional intelligence.

"It's no exaggeration to say that spending four days in Ivan's company is a life-changing experience. I came away from the training with a real fire in my belly and the desire to learn more."

John Holton
Writer/Editor Burren Publications



About Ivan

Psychologist . Author . Trainer

Ivan is an international trainer and Senior Faculty member of the William Glasser Institute and is a well known author, trainer and psychologist.

He is the author of The Doug Dragster Program and a set of resources which is used to improve the mental health and wellbeing of children and young people.

Ivan is the co-author of Cars'R'Us a unique and colorful therapeutic and management tool sold worldwide.

Ivan is passionate about understanding and managing behaviour in a holistic way, and focuses on a positive psychology

which emphasises achievement of quality in all areas of life.

Group participants report Ivan's workshops to be dynamic, inspiring and captivating.

His workshops are conducted in a safe, nurturing manner where learning takes place at a deep level.

Workshops are interactive through hands on activities, role plays, music, video, and use a discovery and experiential learning approach.

For more information
www.ivanhoney.com

What people are saying about training with Ivan...

"The personal transformation I experienced during the training was above and beyond my expectations. Ivan provides a safe and caring environment in which you feel completely comfortable to explore the content discussed. I learnt so much about myself, about people, about relationships, and it was all thanks to the way Ivan manages the training and its participants. Ivan is inspiring, encouraging, knowledgeable, experienced, confident, lead management, positive, humorous, and sensitive."

Gena McLean Author & Group Trainer

"As a result of completing Choice Theory training with Ivan, I was able to think more clearly about my work with people in the Country Fire Authority. I realised I needed to be able to lead people and I began to understand what works best in leading a team. The course emphasised the importance of looking after myself first, and I learnt the Reality Therapy skills to help people help themselves. I have really learnt how to listen to others."

Mr Norm Bowen, Country Fire Authority Peer Co-ordinator, Loddon Mallee Region Victoria

"Ivan was very easy to relate to, very human, used real life examples, was non-threatening, easy to understand, a gentle and kind instructor, nice and relaxing environment. Thank you so much Ivan."

Nyesha Ellis Gambling and Addiction Counsellor & Psychologist

"Ivan was one of the best and most inspiring trainers I have been in a training program with. Ivan was able to teach to a diverse group of people. As a professional, I was really impressed at how he handled some really challenging participants. My partner completed the training as part of his work. It changed our family's life completely!"

Chris Young Occupational Therapist

"I really enjoyed the way Ivan mixed the training with role plays, group discussion, listening to music. It kept us interested. All role plays group discussions were extremely beneficial, I felt a great feeling of self confidence and empowerment."

Michael Fitzpatrick Case Manager, Haven Housing Service

Websites and Contact

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