

# T A K E CHARGE OF YOUR LIFE

## How to get what you need

The late Dr William Glasser has written many books focused on human behaviour. As a tribute and celebration of his legacy, you are invited to attend a free presentation of a series of workshops based on his book **Take Charge of your Life**.

This knowledge helps you to...

- **Gain effective control over negative feelings such as anger, guilt, depression and choose more positive thinking behaviours**
- **Become more self accepting and less critical of others**
- **Learn specific techniques for resolving conflict - inside oneself or with others**
- **Add happiness and connect better in important relationships**

The sessions will cover

- **Knowing what you can control and what you have no control over**
- **Needs, wants and things that are important to you**
- **Relationship habits**
- **Perceptions that shape our reality**
- **Behaviour choices**

If you are interested in attending these sessions please email

Dates:

Time:

Venue:

Phone: