

Take Charge of Your Life!

A Unique 6 hour Workshop

Help you to...

- Gain effective control over negative feelings such as anger, guilt, depression and choose more positive thinking behaviors
- 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



Some topics discussed during sessions:

- 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
- Behavior Choices

Saturday, January 9th, 2016

8:30 am– 4 pm

The Blue River Community Foundation Building

54 W. Broadway St. 2nd floor conference room

Shelbyville, IN 46176 .

Questions Contact Victoria Harris @812-345-0499 or ercounseling@live.com

This workshop is based on the award winning book *Take Charge of your Life* written by the late Dr. William Glasser a psychiatrist who was a champion in the field of mental health and personal responsibility. This workshop is a tribute to his legacy and you will leave with valuable knowledge you can use daily. Your trainers for this session will be James A. Mishler, MA from Clare, Michigan, Victoria Harris, ER Counseling LLC, from Shelbyville, Indiana and Chris Deel, School Guidance Counselor from Hebron, Kentucky.

The workshop includes snacks, a participant booklet (lunch not included). The **Cost is \$15.00**. *Seating limited to the first 25 registrations. A lunch will be arranged the day of Workshop for those interested.*

Please sign up on line www.woodviewlearning.com .



Sponsored by:

and

ER Counseling LLC