

# Choice Theory Online!

*Shifting The Way You See The World.*

The Key Associates Inc., under the leadership of Ms. Ginette Goguen, completed an initiative to offer the first Choice Theory Basic Intensive training on-line for the first time internationally. The objective was to reach a larger pool of individuals wishing to gain the knowledge and skills for self-development and self-management. In addition, this basic intensive course serves as a resource for professionals in the areas of the helping professions: social workers, psychologists, counsellors, teachers, health professionals, business owners and individuals passionate to learn more about human behaviour.

Organizational transitions, business closures, job losses, and technological changes are just some of the factors that exponentially increase the level of stress, inevitably leading to emotional destabilization of individuals. This destabilization, in turn, increases the loss of self-control and precipitates risks which, in many cases, lead to the development of physical and/or mental illnesses.

What is unique about Ms. Goguen's initiative is that it is a hybrid online course offering more flexibility to people with busy schedules. Each module on Choice Theory presents written content, narrative, interactive animations, and varied methods of self-evaluation. This novel approach aims at rendering this learning experience in an interesting, exciting, and creative manner.

This online training helps participants acquire new learning or fine-tune knowledge while raising their level of competence in their personal and professional life by integrating the powerful concept of mindful choices. Choice Theory explains the mental process that every human undergoes to make decisions and choices. Knowing and understanding this process is empowering for those who want to take charge of their lives. Choice Theory encompasses a questioning process that allows individuals to find the answers within, so they can improve every aspect of their lives.

Participants also learn how to build and maintain supportive relationships within an environment conducive to learning and deepen their understanding about mental health in the areas of business, health and wellness, education, family, and the community.

This new online approach takes advantage of the same instruction and activities of the traditional person-to-person model presently used by William Glasser International Inc. and Member Organizations. This online training course combines the best practices of online learning while including those of the in-class model to establish the relationships necessary for optimal learning. This training is divided into 9 different modules for a total of approximately 45 hours over a 12 to 14-week period divided as follows:

- 25 hours [approximate] of individual online learning processes with videos, quizzes, exercises, summative evaluations;
- 9 hours [approximate] of Face-to-Face Online sessions;
- 11 hours of individualized learning such as reading Choice Theory and/or another Glasser books: and, responding to questions within the discussion forum.

Ms. Goguen is pleased to announce that the online hybrid course is recognized as a “bona fide” basic intensive training leading to Certification [CTRTC] in English and French by William Glasser International Inc.

The Choice Theory Basic Intensive online course meets all the accreditation standards of the New Brunswick Community College in the province of New Brunswick, Canada. This post -secondary training institution provides units to express the value of each component [course, internship, research, etc.] of a program of study. One (1) unit corresponds to 45 nominal hours of training in the case of a course.

Depending on the educational institution, one (1) unit could provide the equivalency of 3 credits. Please note that each educational institution is responsible for issuing an equivalence or not for the 45 hours online course. An analysis of the course plan and/ or the course syllabus must be done by the educational institution to compare if the objectives of the course meet their criteria and/or standards.

Ms. Goguen is grateful to Glasser Canada, Mrs. Carleen Glasser and William Glasser international Inc. for encouraging and supporting her in this ambitious endeavor. In an effort to achieve her goals, she approached the Community College of New Brunswick (CCNB) as a creative and innovative partnership in offering the program as an online course and developing animations to engage learners in their own learning.

The CCNB, with many years of experience in the development and the delivery of online courses, collaborated in uploading the material through its technical department in Canada's both official languages of French and English to meet the needs of its population.

Furthermore, Ms. Goguen has the intention to pursue the development of other steps, basic Intensive practicum and advanced intensive training, leading to final Certification in the near future.

For more information, go to [www.choicetheoryonline.com](http://www.choicetheoryonline.com)

For questions, please send us and email at: [choices@thekeyassociates.ca](mailto:choices@thekeyassociates.ca)

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