

DREAMS TO REALITY: TRANSFORMING LIVES THROUGH CHOICE

"THE TALENT IS IN THE CHOICES"

CounterPunch/Doug Dragster Workshop

23rd – 26th June 2014

COUNTERPUNCH AND DOUG DRAGSTER

CounterPunch is a unique program that teaches the physical skills and attributes of boxing alongside life skills and strengths based techniques to help young people make good choices.

CounterPunch is a yearlong program (aligned with the school year) that develops physical skills to companion a behavioural learning initiative based on Reality Therapy/Choice Theory (RT/CT, Dr William Glasser), using the innovative Doug Dragster model developed by Ivan Honey and Rebekah Russell.

Throughout the yearlong CounterPunch program we learn and apply skills that help us to confidently make good choices so we can:

- Get on better with others,
- Better deal with issues at school, work or home,
- Feel better about ourselves,
- Change the way we see things,
- Know that we do have choices, And that

"The Talent IS in the Choices" we make!

This workshop will highlight the way in which CounterPunch and Doug Dragster work together to help young people (and older people!) to make such choices. This four day workshop will provide an overview of the CounterPunch program in partnership with the excellent Doug Dragster model developed by Ivan and Bek.

The course will provide some insight into how the physical boxing component of CounterPunch facilitates the application of Doug Dragster over a school year and will take us through the Doug dragster program as described below.



Transforming lives through choice!

The talent is in the choices!

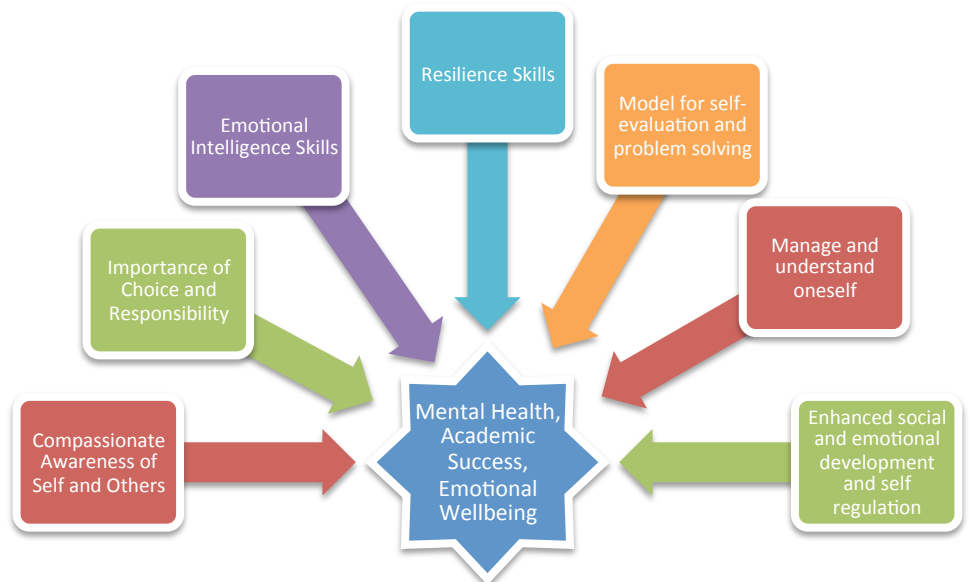


DREAMS TO REALITY: TRANSFORMING LIVES THROUGH CHOICE

Darwin CounterPunch Workshop
23rd – 26th June 2014

In this dynamic and fun workshop you will be introduced to the key components of the Doug Dragster Program. You will learn a process that helps children and adults discover how to live a happy, connected and responsible life.

The program is based on the positive, high performance psychology of Choice Theory and endorsed by Dr William Glasser. It incorporates the most effective evidence based approaches to wellbeing. It is practical and experiential and can be used immediately by anyone.



The workshop will focus on a simple seven-part framework that is designed to improve Emotional Intelligence, Mental Health and Academic Success.



Workshops are conducted by the author, Ivan Honey. With over 35 years experience as an educator, psychologist and trainer, Ivan's workshops are always fun and packed with information! Bek Russell co-delivers the program using her experience as a coach, author, facilitator and Choice Theory trainer.

This program is being used all around the world, in Singapore and Malaysia, The Los Angeles Elementary School District, Townsville Schools and Mental Health Organisations, The Palm Island Indigenous Community and in Victorian Schools.

Doug Dragster and CounterPunch have forged an exciting partnership to help those we work with transform their lives and learn that the talent really is in the choices!

"Doug Dragster is truly REMARKABLE! He will captivate, entertain and teach valuable information that can transform lives."

Dr William Glasser, Founder of Choice Theory and Reality Therapy



Transforming lives through choice!

The talent is in the choices!



DREAMS TO REALITY FRAMEWORK

WORKSHOP DETAILS

Where is the training held?

CounterPunch Unit 4, 273 Bagot Rd, Coconut Grove, Darwin.

What are the daily timings?

Please be ready to start at 8am and run through till 4pm each day. We will negotiate break times on the first day to enable us to complete 27hrs of training.

What is included?

The Amazing Adventures of Doug Dragster
Doug Dragster's Magic Book
Training Manual

Will I get a certificate?

Yes! You will receive a certificate of completion.

I have other questions. Who can I ask?

Mercedes Taaffe at CounterPunch can be contacted to answer questions.

Phone: 0409 352 026

E-mail:

mercedes.taaffe@nt.gov.au

What online resources can I use to find out more?

Ivan Honey

www.ivanhoney.com

Doug Dragster

www.dougdragster.com

Email:

training@dougdragster.com

Phone: 0412 443 674

1



How do I create great relationships and feel good about myself?

The Open and Dead End Roads

2



How do I see new opportunities and transform my reality?

The Windscreen

3



How can I be in charge of my life?

The Driver's Seat

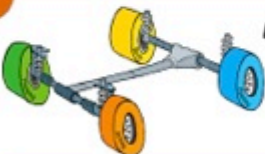
4



What is the source of energy and power?

The Engine

5



How do I understand and manage my feelings?

The Four Wheels

6



Where do I really want to go?

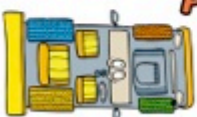
The Steering Wheel

7



How do I solve problems and get the best out of life?

The Magic Questions



Putting it all together!

A Framework For personal wellbeing, mental health, counselling, leadership and achieving purpose and meaning in life.



Transforming lives through choice!

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