



PERSON CENTERED THINKING TRAINING

Person Centered Thinking (PCT) focuses on empowering people to have positive control over a life they desire and find meaningful. PCT approaches respectfully address issues of health and safety from a variety of perspectives.

In this 2-day interactive training participants learn to effectively:

- 🪝 **Use Person Centered Thinking tools** to gather information that leads to a deeper understanding of the people they support, as well as giving them a sense of being listened to.
- 🪝 **Apply the skills in their every day** work to help people get the lives they value

During the training, participants will learn and use a variety of skills to help discover what is important to a person and what is important for a person, by first using the skills on themselves.

From this specialized discovery process, participants learn how to write a Person Centered Description. The description leads to an action plan that builds on a person's strengths, talents and skills, and works toward realizing their goals, while maintaining their health and safety.

PCT Training is **designed for employees at all levels** (especially relevant for employees and those in supervisory roles), as well as people supported and their family members.

Trainings are offered at the Mains'l office, or can be scheduled at your location. This can be a great opportunity for team building, as well.

Our trainers are certified by The Learning Community for Person Centered Practices and are experienced Person Centered Plan facilitators.

2019 Training Calendar (Remaining Dates)

September 18-19
November 18-19
December 16-17

Classes are 8:30 a.m. to 4:30 p.m. each day.

"I would recommend this training to anyone to familiarize themselves with Person Centered Thinking. The trainers were knowledgeable and made many of the concepts they were teaching fun and applicable to our own lives and work environments. The information was provided in a manner that the learner could take the information back and implement ideas immediately with the individuals we support and the teams that work with them. Great training!"

- JoAnne Brooks, Volunteers of America



Sign up today! Call 763-494-4553 or
mainsl.com/person-centered-supports/

