



# PERSON CENTERED THINKING TRAINING

**Person Centered Thinking** (PCT®) focuses on empowering people to have positive control in their lives. PCT approaches respectfully address issues of health and safety from a variety of perspectives.

The use of PCT skills helps us get to know people, discover how to respectfully support them, and keep learning as we act upon what we hear. The skills taught during the training are effective with all people and are especially helpful for individuals and teams who are working to:

- **Determine the best supports and services**
- **Sort through issues at work or home**
- **Develop plans for students or others facing major transitions**
- **Plan for the future with a partner**
- **Support families through a variety of life transitions**

The 2-day interactive training will focus on:

- **Learning to balance what is important TO a person and what is important FOR a person**
- **Practicing PCT Discovery Skills that help us better understand a good balance for the person and how to best support them**
- **Introducing PCT Everyday Learning Skills to capture ongoing learning and support the person to create a life they envision.**

**Disclaimer:** Those who successfully complete the PCT® training are ready to facilitate the use of PCT skills within teams, but are not certified to train others.

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

Trainings are offered regularly at the Mains'l office. We can also schedule at your location, which can be a great opportunity for team building.

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

## 2019 Training Calendar (Remaining Dates)

**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/](http://mainsl.com/person-centered-supports/)

