



**Advanced Intensive Training Competence-Based Requirements**

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**ADVANCED INTENSIVE TRAINING SELF-EVALUATION FOR PARTICIPANTS**

*The following may serve as a self-evaluative tool for participants during Advanced Intensive Training to track knowledge and skill levels and to offer opportunities to clarify and fine-tune knowledge and skills.*

1. Knowing what I do about choice theory and thinking of a time that I was extremely coercive, how might I relate my behaviour to the concepts on the chart?
2. How would I explain that I do not meet needs directly? How would I explain the relationship between needs and Quality World pictures?
3. If a friend asked me to explain the 'why' of behaviour, how would I do so?
4. In identifying a belief or value that I hold dear, how can I explain how this belief is embedded in my Quality World?
5. In a discussion on how people see events, how would I explain how my perception of an event is unique to me?
6. Provide an example on how my use of Choice Theory language in a frustrating situation helps me to minimize my frustration level.
7. Can I provide an example from my own life or someone I know that demonstrates how fragile relationships can be?
8. How would I take a scenario and explain it in terms of the components on the choice theory chart?
9. How do I know that the system in choice theory is based on a 'negative' feedback loop?
10. In reviewing the Axioms, explain why one axiom in particular is challenging for me to accept.
11. Provide an example of collapsing a conflict (a) within ourselves, and (b) with others.
12. During the sessions, can I explain at least three [3] strategies I might consider when working with a resistant client?
13. Am I able to name at least four [4] criteria I might offer to self-evaluate how I would work with a client outside my area of expertise?
14. Everyone brings strengths to the role-play process. Describe at least three [3] strengths that I perceive I have.



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15. Illustrate at least four [4] ways of facilitating self-evaluation with a client?
16. Play a participant in a role-play set-up as a manager/leader dealing with a thorny issue such as firing, downsizing, redundancy, hygiene, or the like.
17. How do I demonstrate my skills in helping the employee with a plan in a lead-management role-play?
18. Am I able to demonstrate how I might explain a role-play scenario as though I were walking the Chart?