

Positive  
Happy and  
Connected!



## THE DOUG DRAGSTER PROGRAM

How can we inoculate children against depression and hopelessness?

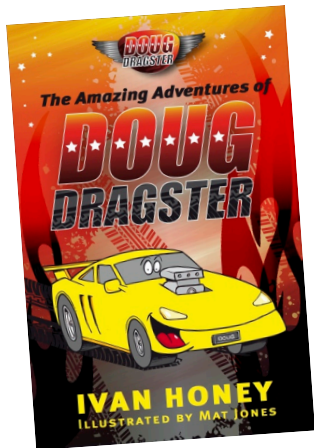
What are the keys to help children achieve their potential in a Conceptual Age?

### A Positive Psychology of High Performance and Problem Solving

The Doug Dragster Program is a comprehensive and holistic program, which provides a practical framework for personal wellbeing, social and emotional learning and Independent problem solving,

Children learn a simple series of integrated visual images that provide a model to understand and manage behaviour in order to optimize wellbeing and success.

### What is the Doug Dragster Program?



The program revolves around the story of a group of cars who are on the journey of life and discovery. They are confronted by challenges which they overcome with the help of a mysterious Magic Book .

The car characters then explain the process in detail through a learning journal of cartoons and fact sheets from the Ministry of Cars (Doug Dragster's Magic Book). It is designed as an enduring and practical resource and reference for young people as they move towards adulthood.



The books can be read independently and completed by young people, or can be taught through a comprehensive and sequential teacher program which is conducted over 12 months (The Doug Dragster Program: Teachers Manual).

### What's in the Program?

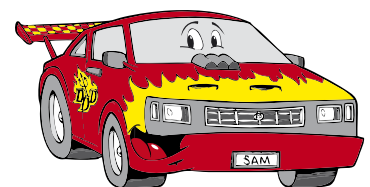
The program includes:

- The Amazing Adventures of Doug Dragster
- The Amazing Adventures of Doug Dragster AudioBook
- Doug Dragster's Magic Book
- Sticker packs
- Poster Kit (9 large posters)
- Teachers Manual: A sequential guide to teaching the Doug Dragster Program.
- The Doug Dragster Website
- [www.dougdragster.com](http://www.dougdragster.com)
- The program is supported by an interactive website and facebook page.

The program is based on the positive, high performance psychology of Choice Theory and endorsed by it's founder Dr William Glasser.

**"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**



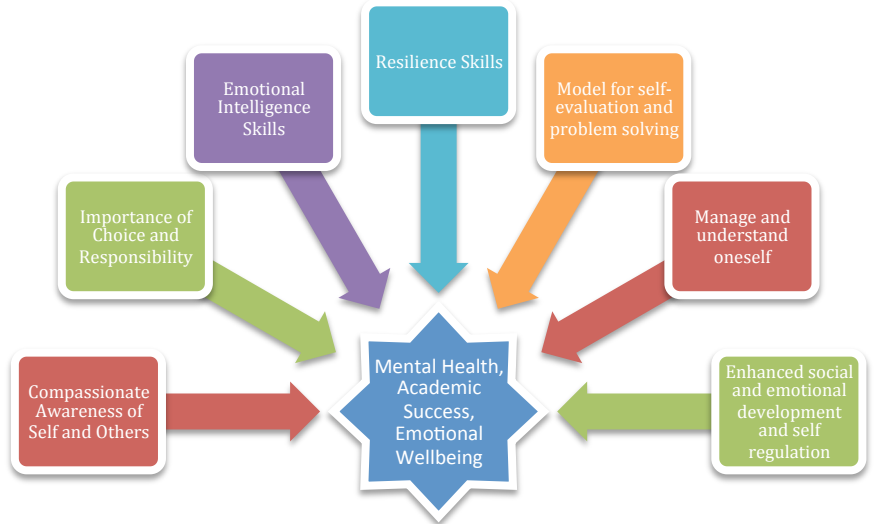
## Doug Dragster Program Workshops

Workshops are conducted by the author of the Doug Dragster Program, Ivan Honey. With over 35 years experience as an educator, psychologist and trainer, Ivan's workshops are always fun and packed with information!

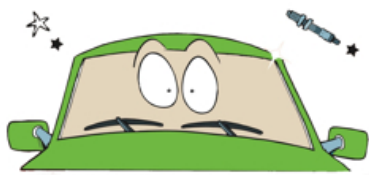
Ivan will introduce the key components of the Doug Dragster Program, and teach you the Doug Dragster Process 'Understanding Your Car', that helps children discover how to live a happy, connected and responsible lives.

An added bonus for teachers is that at the same time they will witness dramatic

positive changes in classroom function and culture and behavioral problems will be reduced.

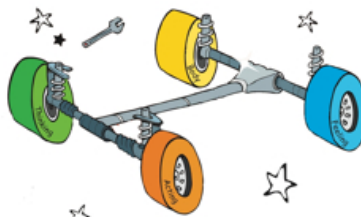


## THE DOUG DRAGSTER PROCESS



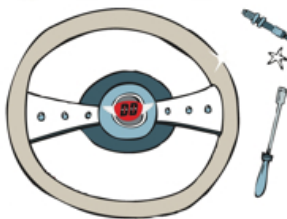
### THE WINDSCREEN

What is the process of perception?  
How do we become more aware of this and change the way we see our world?



### THE FOUR WHEELS

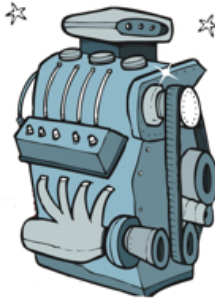
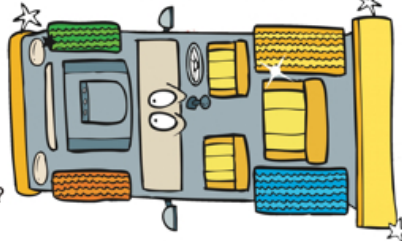
What are feelings and how do we manage them effectively?



### THE STEERING WHEEL

What provides direction in our lives?  
How do we work out what we really want?

## UNDERSTANDING YOUR CAR



### THE ENGINE

What drives our behaviour?  
How can we use this information to get the best out of our lives?



### THE DRIVERS SEAT

Are you in the drivers seat?  
Or Are you letting someone else drive your car?



### THE MAGIC BOOK

How do we solve our problems?



### THE OPEN AND DEAD END ROADS

Which habits do we develop in order to live happy and effective lives?