

INTRODUCTION TRANSACTIONAL ANALYSIS

Transactional Analysis (TA) is a practical theory of personality, communication and organisations. Through a comprehensive set of concepts, TA serves as a guideline for effective intervention at the individual, group and organizational level. It is a powerful tool for professional and personal growth. The goal of transactional analysis is to increase awareness, spontaneity and the capacity for relationship.

The TA 101 is the official introduction to transactional analysis. After completion of the workshop participants will receive an internationally recognized certificate. Attending a TA101 gives access to any TA program around the world.

In this two day workshop we will present a framework based on transactional analysis which enables you to create possibilities in your life, relationships and organization. The workshop is for anyone who is interested in expanding their insight into human behaviour.

Through short presentations, exercises and sharing of personal and professional experience we will come to fundamental insights about individual behaviour and change in organizations.

During the training you will learn:

- Development of TA and TA values
- Structural analysis: personality and behaviour
- Transactional analysis proper: effective communication
- Rackets and games: miscommunication and getting stuck
- Script analysis: development and change
- Strokes as the motor for change

Relevant literature:

- TA Today, a new introduction to transactional analysis. V. Joines and I. Stewart, Life space publishing (1987).

