

## A Working Introduction to Transactional Analysis

This workshop is designed for those who are interested in better understanding the Transactional Analysis (TA) model of communication to improve relationships.

***By the end of the session, you will be able to;***

- Describe TA and how it determines thinking and behaviour
- Explain the 'ego states' (the structural and functional models) as they relate to self and communication
- Describe reasons why 'exclusion' can occur and consider ways to minimise the impact of this in relationships
- Name different types of 'transactions'
- Recognise 'life positions' and the ways these will impact on behaviour
- Identify how 'strokes' can be used and how you can consciously work with this in building relationships
- Name 'drivers' and state how these react to stress
- Give examples of 'games' that may be played and suggest how these might be better managed
- Identify ways in which you can use TA to help improve the quality of relationships personally and professionally



**Date:** Saturday 8<sup>th</sup> November 2024

**Venue:** Your Space Your Time Counselling Centre

3 Albion Court, 72 Attleborough Road, Nuneaton, CV11 4JJ

**Time:** 9.30am -4.30pm (9.00am Registration and Coffee)

**Cost:** £ 90.00 (£60.00 for students)

**CPD Hours:** 6 Hours

**Book your place via website:** <https://www.beallofyou.co.uk/courses/>