



Re-scripting using Transactional Analysis

Become more self aware and discover the benefits of autonomy, creativity and spontaneity.



Overview

A model of people and relationships empowering individual to analyze the quality of their transactions and better them each day is called Transactional Analysis. It is one of the most sought-after tools for personal and relational development. Some of the transactions arise from deep seated childhood experiences and TA as a science aims at helping people become aware of the here and now and letting go of unhelpful experiences.



Learning Outcomes

This workshop intends to help learners appreciate the goals and underlying principles of TA. It helps explore their own behavioral needs and patterns using a variety of tools, discussions, self-reflections, sharing and group work. It takes them on a journey like never before - helping them understand and deep dive into some of their deeper facets.



Your takeaways

1. TA Goals and Principles
2. Transactions Types
3. Ego States
4. Life Positions
5. Drivers
6. Re-scripting towards your development goals



Program Details

- 90 + 90 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

