

learning
equals
development

EQV Course Outline



■ Transactional Analysis

■ 2 Day

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Transactional Analysis (2 Day)

Business Benefit

Transactional Analysis (TA) is a well proven aide to communication and teamwork and many organisations have benefited from its implementation. TA is also a powerful tool for managing change and dealing with negativity and conflict in the workplace. This 2 day course outlines the basic principles and skills of Transactional Analysis and how to apply them in day to day work situations.

Who Should Attend?

- Anyone wishing to gain a better understanding of Transactional Analysis as an aide to communication and a powerful tool for change in both work and personal life.

Learning Objectives

By the end of this course you will be able to...

- Describe the theory and basic principles of TA.
- Demonstrate 'stroke theories'.
- Describe the various 'transaction types'.
- Explore 'early decisions' and their role.
- Describe the four levels of 'discounting'.

Course Content

- Introduction to the Theory and History of Transactional Analysis.
- The Ego State Model.
- Ego state exclusion and contamination.
- Transactions, strokes and time structuring.
- Autonomy and intimacy.
- Early Decisions.
- Life 'positions' and 'OKness'.
- Re-decisions.
- Contracts for change and open communication.
- Steering communication with awareness of transaction types.
- Leadership style, power profile and transaction content.
- The foundations of denial.
- The four levels of discounting.

You may also be interested in

Communication, Assertiveness and Confidence Building
Managing and Resolving Conflict
Managing Change

2011 26 Jul • 23 Aug • 23 Sep • 25 Oct • 18 Nov • 19 Dec

2012 23 Jan • 21 Feb • 21 Mar • 24 Apr • 23 May • 26 Jun • 23 Jul • 19 Aug
• 15 Sep • 09 Oct • 04 Nov • 05 Dec

Price: **£790**
per person

The EQV Promise

We ensure that our courses are well received and are delivered by trainers that have actual commercial competency in their chosen subject.

Not only is this essential for our accreditation purposes but it ensures that the trainers will be able to include relevant experiences they themselves have learnt from. This generates appropriate engagement and empathy in the training environment.

When the course is completed we will report back to you about how the training has been received and can indeed evaluate the training right from start to finish after the skills transfer period. This information can come from your account manager who is your main point of contact at all times.

The EQV Experience

Our training courses take the attendee on a journey of learning and development. Throughout the course everyone is engaged in a stimulating and participative way.

Our courses are designed to encompass many different kind of learning activities making sure they appeal to different natural styles of learning that individuals have.

Activities may include a selection of syndicate work, discussion, pair work, case studies, games, role play, quizzes and presentations.

During the event an individual works on their own implementation plan so that they have a clear plan of how they are going to support their own skills transfer back in the workplace. Whilst it is important for the attendees to enjoy the workshop we want to ensure they apply as much as possible back in the workplace.

Our Training Centre

Set in the heart of beautiful rolling Leicestershire countryside, our idyllic training facilities not only provide attendees with the perfect environment to concentrate on their individual learning experience but also provide the practicality of ample parking and fully designed and equipped training rooms.

You will be greeted upon arrival by our training co-ordinator who is your point of contact throughout the day should have any specific queries.

A delicious buffet lunch is provided, catering for a variety of dietary needs.

What Delegates Say about this course

"His knowledge extended beyond the remit of the course"

"Excellent, met and exceeded my expectations"

"10/10. Based on this course EQV cannot improve"

