

## *This course will help...*

**Individuals and couples** who want to have a better understanding of themselves and their partner/spouse and communicate more effectively with each other

**Organisations** - Managers, Team Leaders, Human Resource, Health & Safety personnel, Consultants and Trainers who want improved workplaces, working relationships and customer service

**Education** - Teachers, Trainers and Educators wanting more effective ways of getting their information across

**Community, Voluntary and Church** groups who wish to have a better understanding of how to work more effectively with people

**Anyone** who wants to improve his/her relationships with family, friends and work colleagues

### *What official recognition do I receive?*

You will receive an official TA certificate of attendance.



### *What do people say who have attended this course...*

“This was an inspiring, challenging and enjoyable experience”

“This has made me more aware of all the different ways we can communicate and what to be aware of before engaging in dialogue – not to react but think.”

## *Introducing the Tutor Anne Tucker* PTSTA (Org)

*Anne is a qualified and experienced TA Trainer who specialises in organisations. Having created and managed a business for 15 years she knows the challenges that present both personally and professionally.*

*Anne would be delighted to introduce you to this very practical approach to improving communication and relationships.*

## **TA can help you make changes in your life!**

### **Contact Anne**

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Email: [annetuckernz@gmail.com](mailto:annetuckernz@gmail.com)

Transactional Analysis (TA) – Training & Supervision



***Would you like to understand yourself and others better?***

***Then this is the course for you.***

## **Smart Communications - TA in Action**

Transactional Analysis (TA) – Training & Supervision



## What is TA? (Transactional Analysis)

Transactional Analysis is a theory of personality and interpersonal relations.

It can be used for personal growth and change and also for professional and group development.

These theories will help you understand yourself and others and make changes. A manual is provided.

The philosophical bases for TA include:

- All people are OK as human beings, even though their behaviour may not be acceptable.
- people have an urge to grow and develop themselves, even though they may have learned to repress this
- we make decisions and are therefore responsible for our behaviour
- we can influence others and invite certain responses but they decided how to react

### The learning outcomes you will achieve include...

- Basic TA theory
- Communication pathways for increased fulfilment and satisfaction in your relationships with others
- Consideration of individual and group dynamics and the impact these have on the way we communicate

# Do you want to get the best out of your business and/or personal relationships?

Here is a course that will give you insights and enable you to make effective changes.

## Have you ever wondered...

- Why is it that sometimes you just 'gel' with someone right away while others manage to 'rattle your cage' without trying?
- Why some people repeat behaviours that are self-destructive and destroy relationships and seem unaware they are doing it?

• Why do you react to some situations or people positively or negatively?

• Why you feel like a silly or naughty child with some people or feel like they are being a 'parent' to grown-ups when it is not appropriate or you feel pressured into doing it?

• Why a communication that is going along well suddenly turns nasty?

• What drives one person to high outputs; another to have immaculate desk; another to be a great at starter but lousy finisher; another to deal with any trouble without batting an eyelid?

• What happens in relationships when someone appears 'needy' or 'blames' others or they 'take over' people's problems?

• How to retrieve a situation or approach a difficult conversation that didn't go so well the previous time?

**TA is a set of theories to understand ourselves and others.**

**THIS COURSE IS FOR YOU**



## Next Course >>> AUCKLAND

Date: Tuesday 17 & Wednesday 18 March 2020

Time: 9am to 5pm each day

Venue: 104 The Drive, Epsom

Cost: \$550 (no GST)

# REGISTER NOW