



TA 101

Transactional Analysis for Better Living

Internationally recognised introductory course in transactional analysis

Saturday-Sunday* 18-19, July 2015



Transactional Analysis

Transactional Analysis (TA) is both a theory of human personality and a system for the improvement of human relations. Its application to everyday living provides a systematic approach to understanding the links between human needs and behaviours. **This workshop is exclusively**

adapted to meet the needs of people interested in enhancing their relationships and leading a better life. TA provides a comprehensive model to understand behavioural patterns, communication, interpersonal relationship, motivation, time management, attitudes, conflict management, and life span development for better living.

This workshop will be conducted in a non-threatening, characteristic fun filled methodology of TA training covering the four pillars of TA, namely

- **Structural Analysis**
- **Transactional Analysis Proper**
- **Game Analysis and**
- **Script Analysis**

Participants will learn the key concepts of TA and how to apply them in their personal and professional lives to develop

- **Communication** skills for excellence in human relations
- **Motivation** skills for excellence in emotional intelligence
- **Stress Management** skills for excellence in managing self
- **Time Management** skills for excellence in working together
- **Assertiveness** skills for excellence in personal development
- **Problem Solving** skills for excellence in decision-making

Asha Counselling and Training Services

91, Krishna colony, Singanallur, Coimbatore 641005

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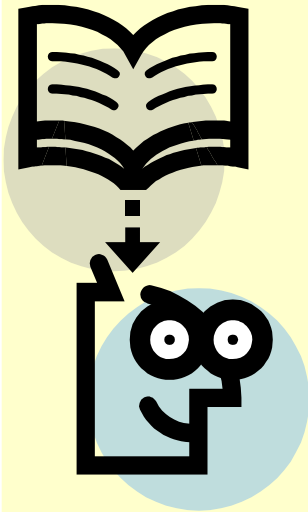
Ph; 0422 2310520 , M; 98652 58463



Script Analysis

Transactional Analysis to explore your life plan

Saturday-Sunday * August



Script Analysis

'All the world is a stage and all men and women are but players',

Shakespeare

Eric Berne, MD, Founder of Transactional Analysis said, 'The destiny of every human being is decided by what goes on inside his skull when he is confronted with what goes on outside his skull. Each person designs his own life. Freedom gives him the power to carry out his own designs, and power gives him the freedom to interfere with the design of others.'

'Each person decides in early childhood how he will live and how he will die, and that plan, which he carries in his head wherever he goes, is called his script.'

In this workshop you will be able to explore some aspects of your script and find ways to be in charge of your life and redecide to chart out your future course the way you want it to be.

No prior knowledge of Transactional Analysis is needed to attend this workshop, even though it may be desirable.



FACULTY PROFILE

These workshops will be facilitated by a team of internationally accredited transactional analysis trainers and supervisors

P.K. Saru, MA, LLB, TSTA (P) is a psychotherapist, counsellor, trainer and consultant. She has a degree in Law and Masters in Psychology. She is an internationally accredited Teaching and Supervising Transactional Analyst (TSTA) in the field of psychotherapy and is a recipient of "Muriel James living principles award". She is a Master Practitioner in NLP and has a Diploma in Child Development. She has over 25 years of experience as counsellor, psychotherapist and trainer. She is the Managing Trustee of Centre for Holistic Integrated Learning and Development and the Director of Asha Counselling and Training Services. She is currently the President of the South Asian Association of Transactional Analysts (SAATA).

C. Suriyaprakash, BE,MBA,MPhil,MA,BTA,Phd,TSTA(O), has International Accreditation as Teaching and Supervising Transactional Analyst (TSTA) in the organisational field and is a recipient of "Muriel James living principles award".. He is a Faculty and Voluntary Counsellor of Asha Counselling and Training Services, Coimbatore He is currently the Vice-President-Training Standards and Ethics, SAATA and Vice President-Operations of the ITAA.

I. A. Mohanraj, BSc, PGDBA, BTA, PTSTA(O) has International Accreditation as Provisional Teaching and Supervising Transactional Analyst (PTSTA) in the organisational field. He is Faculty and Voluntary Counsellor of Asha Counselling and Training Services, Coimbatore and Member (2006-2008), Board of Trustees of the ITAA.

Suriya and Mohan are Co-directors and Facilitators of Relations Institute of Development. They are Master Practitioners of NLP and have over 20 years of experience in industry and education. They provide Organisational Development Training, Coaching and Counselling to business firms, non profit agencies and educational institutions. Their specialty in organisational development, with TA includes, creating awareness, team building, leadership, problem-solving, conflict resolution, group dynamics, communication and motivation.

K.Raguraman,MA,MBA,DTA,CTA(O)has International Accreditation as Certified Transactional Analyst in the organizational field. He is a Secretary of Asha Counselling and Training Services and Facilitator in Relations Institute of Development , Coimbatore. He is a Master Practitioner of Neuro Linguistic Programming (NLP) and certified in 'Applied Basic Counselling Skills' (CABCS) and has over 17 years of experience in training and development. With his unique blend of technical and behavioural skills, he has seen remarkable shift and change amongst his colleagues in building a successful work atmosphere leading to improved productivity.

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Their professional mission is to help employees develop effective interpersonal relations to realise their capacity of autonomy for better Quality of Worklife

REGISTRATION DETAILS

<i>Date</i>	TA101: July 18-19 Script Analysis: August
<i>Time</i>	9.45 a.m. to 5.00 p.m.
<i>Venue</i>	Asha Training Hall
<i>Fee per workshop</i>	Rs. 3600 for self-sponsored individuals Rs. 4200 for corporate delegates Rs. 2900 Early bird offer (before 5 th july) Rs. 2700 for students and early bird Fee includes course material, lunch and tea
<i>Contact</i>	K. Raguraman at 9865258463 OR Asha Counselling and Training Services 27, II Floor, C R Sundaram Layout Ramanathapuram Coimbatore 641045 Phone: 0422 2310520 Email: infoashakovai@gmail.com
<i>Payment</i>	By cash or local cheque/DD favouring Centre for Holistic Integrated Learning and Development payable at Coimbatore

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Who can attend?

- Corporate Managers, Executives, Supervisors
- Parents, Teachers, Students
- Doctors, Therapists, Counsellors, Nurses
- Social Workers, Staff of NGOs
- Public Sector Employees

All those who are interested in personal and professional growth and change.

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REGISTRATION **FORM**

I wish to attend <input type="checkbox"/> TA 101 on July 18-19 2015 <input type="checkbox"/> Script Analysis on August		
Name		Gender M / F
		Age
Address		
E-mail Id		Telephone No.
Payment Particulars		Amount (Rs.)
DD/Cheque No.	Date	Bank
DD/Cheque to be drawn in favour of 'Centre for Holistic Integrated Learning and Development', payable at Coimbatore. Out station cheques add Rs.50/- extra		

UNDERTAKING

Some of the processes may be highly emotional. Facilitators are qualified to provide enough protection in such cases. However, CHILD/Asha will not be responsible for any problems developed during or after participation in any of our programmes. It is implicit that each participant attends the programme with informed voluntary consent and owns responsibility for his or her own health.

Signature	Date
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