

Transactional Analysis Discovery Day



Why undertake the Transactional Analysis Discovery Day?

- **Have you ever found some people difficult to get along with?**
- **Have you tried to help people but found that they don't want your help and always seem resistant?**
- **Or maybe you are a coach or a manager and want to help others to have better working relationships.**

If so, Transactional Analysis (TA) will give you a better understanding of what is happening in these situations and what you can do about it!

Transactional Analysis was developed in the 1960s by Eric Berne and is a fascinating and extensive field of work. This discovery day is designed for you to explore three TA models and to be able to use them with your relationships at home or work, as well as to help others.

Who is the course for?

For coaches, NLP Professionals, or anyone interested in improving relationships, or wants to help others.

It is also for managers, leaders, and professionals within businesses and organisations looking to have better interpersonal skills and relationships with team members, clients, and stakeholders.

What you will learn:

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- **Personal Styles - Ego States** and how these play out in everyday transactions. You will discover the advantages and disadvantages of each state and be able to map out transactions in key relationships and situations. You will then learn about the transition between Ego States, and when and how to use this to enhance relationships.
- **The Drama Triangle** and the dynamics and psychology of interactions with others. You will discover how to identify the psychological (and sometimes unconscious) games played and understand the roles undertaken. You will then learn the Winners Triangle and how to apply this model to move from drama to more successful relationships.
- **Your preferred Working Style** includes, Hurry Up, Be Perfect, Please People, Try Hard, and Be Strong. You will understand your preference and be able to identify when this pattern is occurring. Plus learn a great tool to start to develop any underrepresented style that would support your personal and professional development.

Before the day, you will be sent the Personal Styles and Working Styles questionnaires to complete. During the day, you will better understand your own style and how that impacts relationships.

The day is one of personal and professional development and reflection. You will be provided with the tools to analyse what is happening and how to make changes for the better in key relationships both now and in the future.

Course date, logistics and your investment

Please see website for the next course date. Your investment is £195. The course will be held online via Zoom. The course day will start at 9:30am and finish by 5pm UK time, We will have regular breaks throughout the day.

How to book:

Please contact either Emma McNally to book your place:
emma.mcnally@achieveyourgreatness.co.uk

About me... your trainer:

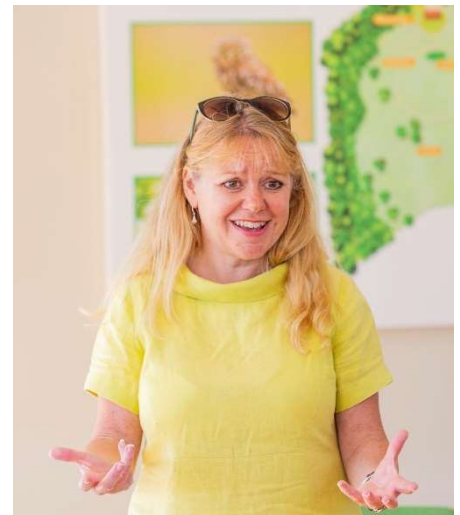
Emma McNally

A long time ago now, I was let into a secret – a secret that literally changed my life. That secret was NLP.

It is now my mission in life to spread this secret far and wide – to help you to live a happier and more fulfilled life. Whether you are an entrepreneur, a business owner, a manager, a parent, an educator, a health worker, a coach, somebody who wants to help others...or indeed just committed to getting back in the driving seat of your own life, I can help.

The way I run my business is like a family – once you have trained with us, you are one of us (if you choose to be!). You become part of a close-knit, supportive community who will become your cheerleaders!

I create a safe, supportive and fun space for you to discover who you REALLY are once all the “shoulds” and “musts” and “have tos” have been removed. I will support you to look deep inside yourself and ask yourself THAT question: what do I really want? And I will teach you the tools and techniques to get there.



Alongside my NLP training qualifications, I have over 30 years' business experience in the public and private sector, an MBA (Masters Degree in Business Administration) and an ILM Level 7 Certificate in Executive Coaching and Mentoring. That means that I approach my training with insight and strategy gleaned from multiple industries and disciplines. And that means that YOU can be sure that you are receiving professional training at the highest level.

Cancellation Policy

If you need to cancel your place within 14 calendar days of booking, without giving any reason, you are entitled to a full refund of any money paid to date.

If you decide to cancel after these 14 days, you will be issued a refund (excluding your £50 deposit) or you can transfer to another course for free.

If we (Achieve Your Greatness Ltd) cancel or postpone the course, you will be entitled to a full refund and we will give you as much notice as possible.

We are not liable for any additional costs such as accommodation, travel etc. as a result of cancellation.

If we request that you leave the course for any reason, then a pro-rata refund will be provided once all learning materials have been returned.

What further support is there?

If you need further support, contact Emma McNally in the first instance as to your needs and requirements.

Final thought...

I look forward to welcoming you onto the Transactional Analysis Discovery Day. If you have any questions or special requirements, please contact me: emma.mcnally@achieveyourgreatness.co.uk

Emma x