

Transactional Analysis Coaching Skills

2-day workshop with Marjorie Shackleton

Originating as a model of psychotherapy by Eric Berne, a Canadian psychiatrist in the late 1960's, TA is now widely recognised in the fields of organisational development and education as well as counselling and psychotherapy.

TA is considered an approach which is easily accessible yet highly applicable to coaches for understanding individuals, relationships and communication.

TA offers a:

- picture of how people are structured psychologically
- theory of communication as well as a model for analysing systems and organisations
- theory of child development

Overview of the workshop

The Ego State Model

- Understand how people function and express their personality in terms of behaviour
- Learn how to apply the *Parent Adult Child model* as a way of understanding and working with difficult relationships
- Develop strategies aimed at creating and enlivening more effective relationships

Strokes, Drivers and Games

- Learn about the importance and value of stroking patterns and how they relate to the quality of our relationships and stress levels in organisations
- Understand how different learning styles affect work performance.
- Learn to identify the psychological games played out in teams

Life Scripts

- Learn about how a 'life story' created when we are very young impacts on our lives as adults
- Learn how to use script analysis as a way of understanding how people inadvertently set up problems for themselves and what they can do about it.

Facilitator: Marjorie Shackleton

With a psychotherapeutic as well as advanced coach training background, well-honed through extensive experience developing individuals and teams in the US, Canada and UK, Marjorie brings a unique blend of psychological and organisational experience to her work as an Executive Coach.

Her individual developmental model is underpinned by the belief that sustainable, organisationally relevant change often requires engagement on a personal as well as business level.

Marjorie's particular interest is in leadership issues that arise when individual 'drivers' are in conflict with organisational needs and the creative solutions which emerge out of this so called *paradox of leader-ship*. Marjorie is also a skillful Coach Supervisor.

Dress

Comfortable, casual clothing

Venue

The event is held at ETC Venues, Bonhill House.

Venue address:

Bonhill House

1 – 3 Bonhill Street, London EC2A 4BX

Telephone 020 7588 2334

www.etcvenues.co.uk

Dates

31 May – 01 June 2012

Or 7 – 8 November 2012

Times

The workshop runs from 9.30am to 5.00pm each day.

Fees

£600.00 plus VAT

Booking Procedure

Please fill in an application form on-line at: www.aoec.com

To talk through the details of our programmes and how we can help you, please contact:

Mike Smith

Tel: + 44 (0) 208 916 9063

email: mike.smith@aoec.com

Academy of Executive Coaching

64 Warwick Road, St Albans, Hertfordshire AL1 4DL

www.aoec.com