

Programme Director

J Swarnalatha

Dates : 05 – 07 Feb 2018

Fee : ₹ 34,000/-
(US \$ 1495) +
Applicable Service Tax

ENHANCING INTERPERSONAL EFFECTIVENESS THROUGH TRANSACTIONAL ANALYSIS

Programme Overview

Transactional Analysis is a theory developed by Dr. Eric Berne in the 1950s. Originally trained in psychoanalysis, Berne wanted a theory which could be understood and available to everyone and began to develop what came to be called Transactional Analysis (TA). Transactional Analysis is a social psychology and a method to improve communication. The theory outlines how we have developed and treat ourselves, how we relate and communicate with others, and offers suggestions and interventions which will enable us to change and grow. Transactional Analysis is underpinned by the philosophy that:

- people can change
- we all have a right to be in the world and be accepted

Impact

The thrust of the programme is self-realization and reinventing one's relations with others, particularly in the context of organisational functioning. The programme will be highly practical with hands-on exercises and group discussions.

Participant Profile

To enable the Managers to develop the skills of interpersonal relationship. This programme is designed to bridge this gap.