TA 101: Transactional Analysis for Better Living

Internationally recognised Certification course in transactional analysis

Organized by: Centre for Disability Studies, Jadavpur University

Convener: Dr. Muktipada Sinha & Dr. Manojit Mandal

(Jt. Coordinator, Centre for Disability Studies)

Venue: Seminar Hall, Nazrul Bhavan

Date & Time: 21 & 22 July 2018, 10 am onwards

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Transactional Analysis (TA) is both a theory of human personality and a system for the improvement of human relations. It was originally developed by Eric Bern, MD. 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

Who should attend? This "TA 101" course will be particularly useful to you if you work in the helping professions, or in management, communications or teaching. It will also be helpful to you if you are interested in understanding more fully your relationships with others.

Recognition: This course – the "official TA 101" – is recognised by the International Transactional Analysis Association (ITAA) and South Asian Association of Transactional Analysts (SAATA).

About the presenter:

K. Raguraman, MA, MBA(HR), Prime Graduate JCI, DTA, CTA(O) has International Accreditation as Certified Transactional Analyst in the organizational field. He is a Master Practitioner in Neuro Linguistic Programming and a TA101 Instructor and has facilitated workshops in national and International conferences. He is a Secretary and Counsellor in Asha Counselling and Training Services, Facilitator - Relations Institute of Development and a Treasurer in South Asian Association of Transactional Analysts (SAATA). He is Certified in 'Applied Basic Counselling Skills', REBT and in 'Gestalt therapy'. He has over 20 years of experience in Counselling, Coaching, training & development and facilitates organisational counselling, Personal counselling, Group counselling, and Marital counselling. As trainer in Junior Chamber, a global organisation for Leadership Development, he has conducted Personality, Leadership, Business and Faculty Development programmes in schools, colleges and business organizations.

He is certified in six sigma green belt and 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. He is a visiting faculty in MSME (Micro Small Medium Enterprises) and was the President of TA Study Circle of Coimbatore. He is a Past President of Jaycees Coimbatore Indcity and was also a Zone Editor of Zone 17 JCI India. He has trained over 16000 Entrepreneurs, Faculties, Executives, Supervisors, Factory employees, Teachers, Parents & Social workers. Thousands of Students also got benefited through Training, Counselling and Coaching. He was a member of EBFF (Eric Berne Fund for Future), International Transactional Analysis Association, USA.