

# TA Tribe

Online Transactional Analysis Training and Supervision  
for Coaches, Consultants, Teachers and Trainers  
Leader: Lynda Tongue (TSTA-org)



## Storyboard

### INTRODUCTION TO TRANSACTIONAL ANALYSIS (TA 101)

#### Programme aims

*By the end of this workshop, we will have:*

- Covered the core concepts of Transactional Analysis (TA)
- Discussed the benefits of using TA in an organisational context
- Applied some of the models to help us gain insight into human behaviour

Transactional Analysis (TA) is a psychological approach to human behaviour and offers a framework of concepts which work together to give insight and understanding patterns of behaviour.

Transactional Analysts analyse the process between people, the conscious and unconscious dynamics which people engage in and when really skilled with applying the concepts, Analysts are able to analyse second by second while in a conversation what might be happening in the process between people. They are also monitoring their own impact on the conversation and this gives them options for working out problems or options to support a coachee, team member or supervisee.

TA is useful for anyone in the helping professions: coaches, teachers, trainers, youth and social workers, consultants, managers etc.

This online programme is of 12 hours duration, conducted over three four hour workshops. The TA 101 is an internationally accredited programme and the tools and concepts learnt provoke thinking, will provide you with insights, and may just stay with you for life.

The 101 (TA was founded in the United States, where 101 denotes foundation level) is a prescribed syllabus. Lynda uses the Zoom platform, which gives scope for syndicate groups and use of online videos and ways of interacting with participants.

There will be individual exercises and in small groups activities and discussions. Online learning has obvious benefits: no travel; no carbon footprint; saves time and money, and with a high standard of technology offers a convenient method of learning.

<https://www.trianglepartnership.com/online-ta-101.html>

## TA PRACTITIONERS

TA is a form of applied psychology and as such, only trained Transactional Analysts are qualified to teach TA. Qualified trainers are rigorously peer-assessed on their theory and practice, and in order to become qualified, have undertaken many hours of advanced training and supervision. This structured and in-depth qualification route reflects the power of TA and is necessary in order to protect the public.

## TA SUPERVISION

In TA supervision we use the concepts of TA to get a superVision of our process. This is essential ethical practice for those applying TA in a coaching, training, consultancy or teaching relationship.

Within this process, the supervisee gains insights, deepens their knowledge of the TA theory and ensures ethical professional practice.

More information can be found by visiting: [www.ta-tribe.com/supervision](http://www.ta-tribe.com/supervision)

## FLIP LEARNING

The TA 101 is conducted in 2 x 6 hour, online workshops and Lynda has developed a version of what is known as 'Flip Learning'. This method makes the best use of face-to-face time by giving the participant the theory in video or workshop paper form before the workshop so that when we are together, we use the time for questions, discussions and activities. This allows the learner to interact with the learning content and treats adult learners with respect.

***Please prepare for the workshop by reading the material, making a note of questions etc.***

Lynda Tongue is an internationally accredited Certified Transactional Analyst and a Teaching and Supervising Transactional Analyst (Organisational), and she has over 35 years' experience as an employee, supervisor, manager and trainer within industry, government and the private sector. She has a clear training style, and her courses are fun, creative, practical and provide long-lasting learning.

A handwritten signature in blue ink that reads "lynda". The signature is written in a cursive style with a large, looped 'y' and 'd'.

### **Lynda Tongue (FCIPD)**

Certified Transactional Analyst – Organisational

Teaching and Supervising Transactional Analyst – Organisational

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