

TA Tribe

ONLINE TRANSACTIONAL ANALYSIS TRAINING AND SUPERVISION
FOR ORGANISATIONAL PRACTITIONERS
LYNDA TONGUE (TSTA-ORG)



**2025 online workshops –
17 and 18 July and 20 and 21 November 2025**

INTRODUCTION TO TRANSACTIONAL ANALYSIS

DATA SHEET

A PSYCHOLOGICAL APPROACH TO HUMAN BEHAVIOUR

Transactional Analysis (TA) is a framework of concepts which fit together to help us understand what makes us, and others 'tick'.

As human beings, often leading very busy lives juggling home life and working life, with crammed diaries and to do lists - we often create situations which adds even more to our stress levels.

We repeat patterns of behaviour which lead to situations which leave us feeling frustrated, stuck, angry or depressed. TA can help you break those destructive cycles, and give you the tools to move forward with confidence. The Introduction to Transactional Analysis (TA 101) workshop explores the core concepts of this applied psychology framework.

TA can be applied by anyone, in a variety of situations. It has an underlying ethos of positive regard for self and others, and a belief that everybody can change. The theories and techniques are easy to understand and are applicable in professional and personal contexts.

This programme is an internationally recognised qualification, stands alone as a module in communication skills, and it also provides the starting point for further TA programmes.

ONLINE WORKSHOPS

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 learners as grown-ups.

LYNDA TONGUE (TEACHING AND SUPERVISING TRANSACTIONAL ANALYST – ORG)

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.