

# Triangle TA Group (TTAG)



... mentoring by Lynda Tongue, tailored to your learning requirements

Practitioners networking and learning from each other while developing their professional practice

## Continuing professional development for Coaches, Consultants, Trainers, Teachers – any with an interest in human dynamics

Triangle TA Group (TTAG) is run as an action learning set. The approach is pragmatic – the core concepts of Transactional analysis are covered but with the aim of applying them in your professional practice. This group is appropriate for continuing professional development for anybody who is in the role of helping others to develop. TA is a **psychological approach to human behaviour** and can be used to build confidence, solve problems, enhance personal and professional relationships and to increase our communication competence.

The programme is run as a **multi-level experience** so can be attended whether you have a little or a lot of prior TA exposure. The group aims to provide a **support network** and offers an opportunity to further develop skills – it also gives participants a **psychological framework** to underpin their professional and personal practice. A solid group of concepts which can be passed on to others to improve their mental health and wellbeing.

## Action Learning Sets

Research shows that **adults learn best** when they decide what it is they want to learn and when they can apply the learning to their own issues. We use the concepts of TA to help us **analyse and solve** inter-personal problems to enhance our communication with others.

An Action Learning Set is a group of participants who meet regularly to support one another to solve problems, remove barriers to thinking and to **identify options and solutions**. This is a multi-level TA group – this diversity creates a rich learning environment for all concerned.

Each workshop will have a theory theme, where the core concepts of TA and also emerging theories and ideas will be covered. This is an opportunity to develop your thinking and application in your personal and professional practice. Alongside the theory presentations and discussion, opportunities for **supervision** in the group will be made for those who want to use the TA tools in a concentrated way to analyse an issue and to maintain an **ethical** approach.

## Qualifications

This group is open to any and all who want to improve their practice and work through problems within a supportive network. There is a qualification route from TA Practitioner to MSc Professional Development (Coaching) for those who want to study TA at a deeper level.

**Group supervision** is on offer at each workshop for those working towards qualifications, or those who want to solve problems, gain insights and ensure ethical practice. Process reviews are conducted after the 20 minute session, which allows for deeper learning for supervisee and for the group.

Comprehensive workbooks are supplied, providing extra material for interest and for those who are working towards their Certificate, Diploma or Certified status in Developmental TA.

Lynda Tongue (TSTA-org) is fully qualified to teach the tools of TA, and to conduct supervision. She has mentored coaches and trainers across Europe and around the world for many years, has served on the Commission of Certification board for the European Association for Transactional Analysis and is currently Chair of the **Institute of Developmental Transactional Analysis**.

As Managing Partner of Triangle Partnership, Lynda has conducted leadership development programmes underpinned by TA in organisations since the early 1990s. She has coached team leaders and senior managers in the private and public sectors, conducted mediation processes and action learning sets as well as provided a consultancy service for organisations wishing to improve or strengthen their learning and development programmes.

<b>Venue</b>	Torquay, Devon, United Kingdom
<b>Fees</b>	£275 plus vat (individual rate) £375 plus vat (organisational rate)