

Triangle TA Practitioner Award

... a mentoring scheme for practitioners



Enhance your training and/or coaching practice, using the underpinning philosophy and robust communication concepts of **Transactional Analysis**

Join Triangle TA Group (TTAG) workshops – a group of practitioners, networking and learning together while developing their professional practice

Teaching, Supervising, Mentoring and Coaching by Lynda Tongue (TSTA-org)

Transactional Analysis (TA) is a framework of interlocking concepts which help us to understand how human beings work – how we can get in our own way, send mixed messages, cause friction without meaning to, cause ourselves and others stress and erode confidence. TA enables us to see the impact we are having on others, so that we can understand where we might want to change our behaviour. It helps us to build robust relationships and strengthens self-esteem.

Transactional Analysis is:

- A theory of personality
- A theory of child development
- A powerful communication tool
- A positive leadership approach
- A way to manage our stress levels

Triangle TA Practitioner Award (TTAPA) supports trainers and coaches to develop their TA competence in a safe environment. It will also give them a psychological framework to underpin their professional and personal practice, as well as a solid foundation of theory to share with their clients.

Lynda Tongue is a Teaching and Supervising Transactional Analyst in the organisational context and Managing Partner of Triangle Partnership, and she has devised the Practitioner Award as a foundation programme for trainers which stands alone, or may form the basis for further study on a qualification route.

This mentoring scheme is designed to support practitioners who wish to teach TA concepts whether in a coaching or training capacity. By **attending TTAG workshops**, which are a blend of theory input and action learning sets, participants will choose when they are ready to be assessed on one of the concepts. The assessment consists of either delivering a 30 minute presentation on the concept, or leading a 30 minute discussion. The requirement for the Award is 12 successful assessments. Alongside these assessments, 10 supervision hours are required, which can be achieved during the training workshops.

By attending the TTAG workshops, and taking part in discussions, groups supervisions, small group exercises etc the practitioner will have an opportunity to broaden and deepen their TA knowledge. This will increase confidence, as competence develops.

In return for this commitment, participants will gain an increased depth of learning around the TA concepts, develop their communication skills and training ability as well as their coaching style, and understanding of the coaching relationship. They will also have the guidance of Lynda Tongue as a mentor who will support them as they learn and develop their TA skills and application.

Requirements

- Attendance at TTAG workshops
- Pre-module reading and preparation
- 12 successful assessments – a choice of presentation or leading a discussion
- 10 supervision hours

Reading and preparation

Participants will need to read theory papers provided to them, and to prepare to run their sessions at the workshop.

TA supervision

The tools of TA will be used to give feedback and to support the participant to gain a “**superVision**” of their practice etc. Supervision will also be used for their own development as a trainer and/or coach, and to increase their confidence around the theory.

Certificates will be awarded after 12 successful assessments, and 10 supervisions.

Lynda Tongue 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 and serves on the Training Standards Committee of the Institute of Developmental TA, and the Certificate of Commission for the European Association for Transactional Analysis.

As Managing Partner of Triangle Partnership, she 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.

