

Triangle TA Group

... a mentoring relationship for those in the helping professions



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

Mentoring by Lynda Tongue (TSTA-org), tailored to your learning requirements

Continuing professional development for Coaches, Consultants, Trainers, Teachers, Health Practitioners, Youth and Social Workers, Mediators, Managers and Facilitators

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

Contact Lynda for an informal chat
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