



Transactional analysis

Communicating optimally

Seminar objective

Transactional analysis is an effective method of perceiving and correctly assessing one's own and other people's behaviour more clearly. The cause of conflicts in conversational situations can, using this approach, be identified. This increases self-confidence as well as the ability to work successfully with others.

Seminar content

- What is transactional analysis?
- Practical applications of transactional analysis
- Use of transactional analysis in performance reviews and management problems
- Recognizing your own strengths and weaknesses
- How can I convince others more effectively?
- Three rules of transactional analysis
- The three ego states. How can I communicate in an optimal way?
- How do I make myself balanced when provoked?
- Why is 70% of behaviour predictable?
- The life script: what influences our behaviour, what goals do we have?
- Recognizing psychological games: how are others trying to manipulate me?

Methodology

Inputs from the trainer
Tips for transferring learnings into everyday life
Practical exercises
Perceptual exercises
Discussion within the group

Target audience

The seminar transactional analysis is aimed at specialists and executives from business enterprises of all sizes and industries as well as from public administration.

Course ref.

PE4003

Participants

not more than 9 participants

Schedule

1. Day: 10:00 - 17:00
2. Day: 09:00 - 16:00

Location & dates

Münster

26.09.2024 – 27.09.2024
02.12.2024 – 03.12.2024
14.08.2025 – 15.08.2025
16.10.2025 – 17.10.2025
01.12.2025 – 02.12.2025

Hamburg

27.01.2025 – 28.01.2025

Munich

31.03.2025 – 01.04.2025

Fee

1.150,00 € (ex. VAT)
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



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Mobilnummer

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Ort Termin

Firmendaten/Rechnungsempfänger

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Rechnung (Name)

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Branche

Datum

2. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift