

## **DETAILS OF COURSES THAT I OFFER**

### **1. Enneagram and TA course**

This course is an integration of Transactional Analysis and Enneagram theories offering not only an understanding of one's own personality including strengths, weaknesses, areas of possible growth but also the possibility of working on these issues.

The course consists of four days of training over a period of four months (once per month), in order to allow time to integrate information as well as to heal.

### **2. Colour Workshop**

This workshop is designed to increase awareness of the use of colour in our everyday lives from clothing to other applications. This awareness is used as a way of understanding and healing people and organizations as a coaching or therapeutic skill.

The practice is based on the theory that colour is a form of energy which vibrates with the energy in our bodies in a positive or negative way at different times. This understanding enables us to enhance our feelings of wellbeing as well as helping us to cope with stressful situations in life.

The course can be tailored to the needs of the organization or individuals involved and this will determine the length of the course

### **3. EQ Training**

This training uses the theory of Transactional Analysis on which Daniel Goleman based his work. It is presented in workshop form with continual participation from the group.

It is a programme which can be tailored to the needs of the organization or group and the outcomes are negotiated with all the parties involved. It is generally most effective if presented over at least two days but can be done for shorter sessions over a longer period of time so that there is time to practise the skills and become familiar with them.

### **4. Communication Training**

This training uses the theory of Transactional Analysis in order to provide participants with theoretical as well as practical understanding of different ways of communicating and their effects on others. The purpose of this course is to enable people to find the most effective ways to deal with other people in order to either get their needs met, become more effective sales people or to become better managers. It is therefore suitable for people in companies as well as individuals who wish to improve their communication skills and relationships.

This training can be tailored to the needs of companies and organizations as well as individuals. If there are sufficient people to form a group of individuals, a course can be organized with the agreement and participation of the participants who would discuss their individual needs in this regard so that I can design a programme which will meet these needs.

### **5. Transactional Analysis**

This training starts with the basic TA 101 which is a certified course and takes place over a weekend. When people have done the TA 101, they become eligible to do the TA 202 which is a more advanced programme also taking place over a weekend.

Those who wish to learn more about TA or to deepen or intensify their understanding, may join a TA 303 group which is ongoing. This training is suitable for individuals seeking personal growth,

coaches and psychotherapists seeking to understand and use TA in their work and those who wish to become trainers qualified to teach and supervise potential Transactional Analysts.

A flyer for the TA 101 is attached with all the details regarding the training. These details are also available on my website: [www.transactional-analysis.co.za](http://www.transactional-analysis.co.za)