NIRANTAR - a space for lifelong learning

invites you to a Skills Workshop on

Transactional Analysis

by

Abhishek Kumar

Date: 30th July, 2014
Time: 2.00-5.00 pm

Venue: Room No. VI, Ground Floor, (Near Library) Tata Institute of Social Sciences (Main Campus), Sion-Trombay Road, Deonar, Mumbai 400 088.

Registration fee: Rs. 300/- (Please contact Ms. Bhargavi/Mr. Ritesh, Tel.: 25525682)

Fee will be waived for the current students of TISS [Masters, Doctoral, Diploma, Certificate students].

Prior confirmation required as number of seats are limited

Brief Profile of the Facilitator

Mr. Abhishek Kumar finished his M.A. in Personnel Management and Industrial Relations from the Tata Institute of Social Sciences and worked in Corporate HR for a few years. He is currently an Assistant Professor in the School of Management and Labor Studies at the Tata Institute of Social Sciences. Mr. Abhishek Kumar is pursuing his PhD in Social Sciences with the Centre for Lifelong Learning at the Tata Institute of Social Sciences, Mumbai. He is a resource person with several organisations - social and corporate - outside Mumbai too.
About the Workshop: The purpose of the Transactional Analysis Workshop is to increase the participants' understanding about people – themselves and others. It uses the theory and methods of Transactional Analysis to explain why people behave as they do. It will also help the participants understand why some people 'communicate' the way they do, and why some people go around in circles, but going nowhere. In addition, it will also show you how to change what you want to change about your feelings, communications and behavior and relationships with other people, so that you can expand your people skills. We will follow the case study and experiential reflection methodology for the workshop including— 1) theory and reflection directly related to the cases, 2) exercises for individual and group use, and 3) suggested readings for further enquiry and research.

We will cover the following topics as we go along:

1) Understanding personality and Ego States
2) Transactions between people
3) Games people play
4) Making changes using Transactional Analysis