

OBJECTIVES

Initiation to Transactional Analysis II

Following the first workshop of **Transactional Analysis**, we go back in more detail on psychological games and their impact.

During this workshop we propose to small groups to immerse themselves in the world of psychological games to be able to spot them, avoid them and interrupt them.

TOOLS

- Examples of games
- Role-playing
- Targeted videos
- Group discussions

IN PRACTICE

- Public: All
- Duration: 1/2 day
- Participants: Maximum 12
- Necessary material: Paper - Pens

PROGRAM

Step 1

What are the categories of psychological games?

Step 2

What are these games?

Step 3

What are the games in your life and how to get out of it?



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ABOUT

Coach PNL and professional consultant, Eloïse Basille is an expert in rapid analysis of complex situations and has a solid experience in team management and project management.

"I accompany companies and individuals individually in coaching and consulting with pleasure and enthusiasm. In a professional and caring atmosphere, my goal is to develop the potential of each person and of the group".

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Corporate seminar