



L.I.F.E



LYMINALITY

Living with Integrity, Freedom and Empathy

A Value-Added Course Based on TRANSACTIONAL ANALYSIS

Key Learning Focus

**Transactional Analysis
Concepts, Tools and
Techniques**

**Enhancing skills in
relating to people in
different contexts**

**Managing and using
feelings**

**Personal and
professional growth
and effectiveness**

Course Content

- Introduction and Learning to Contract
- Relating to Others
- Theory of Personality
- Theory of communication
- Attitude & Time Structuring
- Self-Care
- Theory of Life Patterns :
 - Games
 - Life Script
 - Racket Analysis
- Permission Wheel
- Preventive and Restorative Outlook
- Consolidation



L.I.F.E - A Value-Added Course Based on Transactional Analysis

This course was designed to facilitate Personal and Professional Effectiveness

World Health Organization defines Mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

In tune with WHO's recommendation, L.I.F.E workshop's philosophy is based on these four elements needed for the healthy functioning of an individual

1. Self - Awareness
2. Connection
3. Accountability
4. Responsibility

Duration - 30 Hours
Dates - 1st Feb, 15th Feb,
22nd Feb, and 14th Mar 2020
Participants - 31



Course Objectives

This 30 hour Value Added Course focused on mental health and well-being, empowering participants with tools that will enable growth and change.

The primary focus of this program was to encourage and invite the idea of developing accountability and responsibility and to enable the participants to make informed life decisions and live life with excitement and resilience - fine tune their life story!

The course was spread across a period of 40 days with the intention of providing space for experimenting with new Transactional Analysis concepts in their personal lives so the participants could make observations about changes and move towards growth and autonomy.

This way of learning enabled students to internalize the concepts equipping them to understand its relevance in professional settings.

Experience

The participants were introduced to the value base of Transactional Analysis and various tools and techniques that it offers that facilitates change and growth. The course focused on using Transactional Analysis for Health - paying attention to both preventative and restorative ways of using the concepts. The participants were enthusiastic, courageous and willing to experiment with this new modality and were generous in contributing towards learning by way of sharing their experiences.

