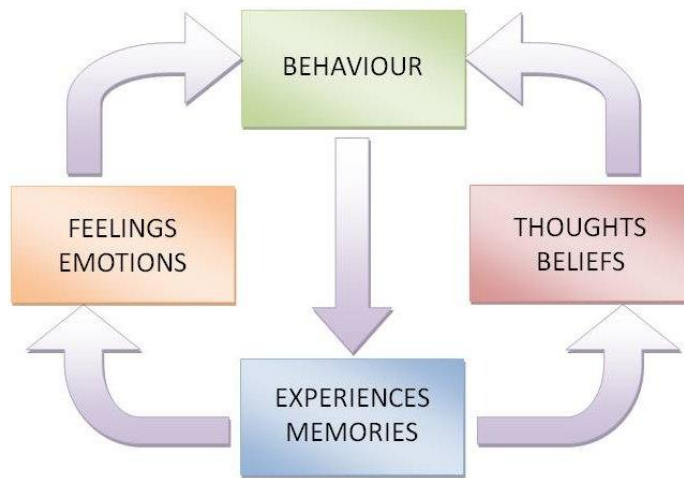


# EXPANDING HORIZONS WORKSHOP

## A TA Based Workout

Would you like to master the art and science of personal and professional success?

***Welcome to a workshop that introduces you to simple yet powerful techniques to channelize your beliefs, thoughts and feelings!***



*Date: 9<sup>th</sup> September 2017 (Saturday)*

*This workshop shall let you*

- ✓ identify the underlying factors that impact our behavior
- ✓ learn ways to enhance self concept
- ✓ determine ways to improve communication with self and others
- ✓ determine behavior that has negative and positive conditioning
- ✓ create a new pattern of enabling beliefs, positive thoughts and good feelings
- ✓ learn techniques to apply TA in all spheres of life

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## **Focus Areas**

- Personality: Nature and Nurture
- Identifying Parent, Adult and Child Ego States in self and others
- Applying the Rainbow of Ego-States in various situations
- Understanding and Applying Strokes Economy
- Getting to know the Basic Hungers and how they impact our behavior
- Identifying the Working drivers that govern the way we behave
- Identifying the way we structure our time
- Finding how we design our Life Script
- Discovering how we play games to foster our life position
- Finding ways to identify destructive games and breaking the vicious cycle
- Writing a new Life Script
- Receiving 14- 'Permissions' to live life in a more fulfilling way

## **Methodology**

Self-assessment Quiz, Simulations, Demonstrations, Reflection based Exercises, Practice Activities and Exercises, Group Work, Learning Videos, Case-work, Case Studies, Role Plays

## **Registration**

Deposit INR 1500 via EFT: Atul Sharma  
Account Number: 002901548842  
ICICI, GK branch, W-57, GK-1  
ICIC0000029  
PAN No: BHQPS4098J  
or transfer via Paytm at 9999 5989 64