

APPLIED TA IN COACHING

OVERVIEW...

SESSION 1

- Saying Hello! - Connecting and contracting for the series
- How TA conceptualises change (Chap 16)
- How TA conceptualises learning (Chap 17)
- TA as both a thinking framework and an explicit coaching tool (Chap 18)

SESSION 2

- Clear contracting with multi-party contracts (Chap 19)
- Using the Permission Wheel to find a coaching direction (Chap 20)
- The value of strokes in human development and thriving (Chap 21)

SESSION 3

- Listening for limiting script beliefs and challenging clients to reframe (Chap 22)
- Changing the script cycle into the autonomy cycle in coaching (Chap 23)
- Using Steps to Success as a framework to invite clients out of discounting (Chap 24)

SESSION 4

- Noticing Drama Triangle invitations in coaching & inviting clients to step into the Winners Circle. (Chap 25)
- Using Adult to Adult communication - the OK-OK communication model in action (Chap 26)
- Awareness of unequal power in the system - a framework to explore OKness in new ways (Chap 27)
- Saying Goodbye! Grounding the learning and intentions for taking it forward.

On registration you will receive a more detailed description of each session with suggested pre-reading of the theoretical chapters in the book relevant to the practical applications we will explore in each session.
