

INTACT ACADEMY · COACHING WITH TA

EMCC SENIOR PRACTITIONER ACCREDITED ·
TA101

Introduction to Transactional Analysis

A practical theory of personality, communication and change – and a powerful tool for professional and personal growth.

ACCREDITED BY

ICF · EMCC · EATA · ITAA

Drs. Sari van Poelje

Director, Intact Academy
TSTA · MSc · EMCC Master Coach



WHY CHOOSE INTACT ACADEMY

Built for serious practitioners, for forty years

A forty-year tradition of training coaches, consultants, leaders and HR professionals across ten countries.



Workshop in progress — Intact Academy cohort

Intact Academy offers EMCC and ICF accredited programmes in ten countries, focussed on executive and team coaching using Transactional Analysis and many other frameworks. Over the past forty years our programmes have produced remarkable personal and professional development.

We don't just train. We set you up for success through coaching, supervision, hands-on practice and accreditation support.

IS THIS PROGRAMME FOR YOU?

1

New to TA and want a practical, applicable foundation?

2

Looking for a powerful tool for professional and personal growth?

3

A coach, consultant or leader seeking a shared language for change?

4

Want the internationally standardised TA101 certificate?

READY TO STEP IN?

Then it is time to step into TA101 — the international entry point to Transactional Analysis, standardised worldwide and the gateway to the wider TAO coaching pathway.

THE WORKSHOP

A theory of personality, communication & change

Founded by Eric Berne in the late 1950s and developed by a global community of clinicians, coaches and consultants ever since.

Transactional Analysis is a practical theory of personality, communication and change. This workshop introduces its core concepts and how to apply them — so you can diagnose patterns, define the key issues and build an action plan to develop yourself further in communication, relationships and life direction.

THE THREE EGO STATES

P**Parent**

Borrowed from caregivers — the voices, rules and care we internalised.

A**Adult**

Grounded in the here-and-now — reality-tested thinking and choice.

C**Child**

Archived from early years — feelings, intuition and creativity.

WHAT IS IN IT FOR YOU

What you take away, and what you grow into

IMMEDIATE IMPACT

What you take away

- Core TA concepts and how to apply them
- The ability to diagnose communication and relationship patterns
- An action plan to develop yourself further in work and life

LASTING TRANSFORMATION

What you grow into

- A shared language for change at work and at home
- Greater autonomy, OK-ness and choice in relationships
- A foundation for the wider TAO coaching pathway

TWO-DAY SCHEDULE

Your two days with us

A working day from 09:00 to 17:00 with two short breaks and a generous lunch — built around four session blocks per day, plus check-in and close.

DAY 1 · MORNING

Foundations

09:00 Check-in & contracting
 10:00 Session 1 · 75 min
 11:15 Break · 15 min
 11:30 Session 2 · 60 min
 12:30 Lunch · 60 min

DAY 1 · AFTERNOON

Ego states & transactions

13:30 Session 3 · 75 min
 14:45 Break · 15 min
 15:00 Session 4 · 90 min

DAY 1 · CLOSE

Integration

16:30 Day 1 close & reflection
 17:00 End of day

DAY 2 · MORNING

Rackets, games & scripts

09:00 Check-in · 30 min
 09:30 Session 1 · 75 min
 11:15 Break · 15 min
 11:30 Session 2 · 60 min
 12:30 Lunch · 60 min

DAY 2 · AFTERNOON

Strokes & change

13:30 Session 3 · 75 min
 14:45 Break · 15 min
 15:00 Session 4 · 90 min

DAY 2 · CLOSE

Synthesis

16:30 Synthesis & close
 17:00 End of workshop

THE PROGRAMME

Six concepts, one map of yourself

A guided tour of the foundational TA concepts — ending in an action plan to improve your communication and relationships.

01

The story of TA & its values

From Berne's clinical roots to today's coaching applications — and the humanistic values of OK-ness, autonomy and contracting.

02

Structural analysis

Parent, Adult and Child ego states — how identity is built and how to recognise which state you are in.

03

Transactional analysis

How ego states meet: complementary, crossed and ulterior transactions — the mechanics of effective communication.

04

Rackets & games

Repetitive patterns of miscommunication, the drama triangle and payoffs — and how to step into authentic contact.

05

Script analysis

The life story written in childhood — injunctions, drivers and life position — and how to begin rewriting it.

06

Strokes as a motor for change

Recognition as the currency of relationship: how to give, ask for and accept strokes as fuel for change.

ABOUT YOUR FACILITATOR

Drs. Sari van Poelje

Director, Intact Academy

Sari is an international team coach and expert on agility and innovation. She has directed Intact Academy since 1992 and has forty years of coaching and consultancy experience, including 23 years as a director in multinationals such as Shell, KLM, EMI Music and ASML.

She is a licensed Teaching and Supervising Transactional Analyst, PCM trainer, EMCC Master Practitioner coach, master systemic team coach and supervisor — training coaches and consultants in ten countries.

TSTA

MSc

EMCC Master Coach

PCM Trainer

34 articles · 5 books



Drs. Sari van Poelje

Let's start your personal and professional *development journey.*

FOR INQUIRIES

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REGISTER / BOOK A CALL

intactacademy.com/planning

A short orientation call.

No commitment.

