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Developing our Emotional Intelligence
through awareness of Verbal and Non-Verbal Communication.

How we psychologically and physically position ourselves in relation to other people determines how they will respond to us.

The aim of the Workshop is to enable the participants to explore their patterns of relating and find new ways of connecting and responding to others. Having awareness of these patterns can uncover what a person may unconsciously be setting up.

Example: Negative body language is an invitation to be overpowered. Therefore with the new knowledge of their behaviour a person can reposition their psychological and physical approach to others, creating healthier interactions and relationships.

The session has been designed with theoretical presentations of Transactional Analysis to create an opportunity for questions as well as exercises such as partner work. Structured with a balance of challenging self-exploration and imagined interaction, the exercises will focus on the participant's own interactions, also enabling them to facilitate the repositioning of interactions between pupils.

Self-Exploration (fixed patterns of relating)

Here we analyse the insight that we comprise of many different 'part-selves' and that we are constantly dynamic and responsive to others. With recognition and awareness of this concept, a person has a choice and can re-write their life-script of fixed patterns of relating. We can then question how helpful are our patterns of relating at work, what we are setting up and what can be done differently.

Managing our Behaviour

A forum to practice skills that enhance personality and positive communication by increasing awareness between what we say and how we communicate verbally and non-verbally in tone, timing, eye-contact, postural cues, proximity and the expectation we convey.