

Dr Gill Green



ORConsulting

A Psychology Practice for Business

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Effective Interactions



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Transactional Analysis



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PARENT

ADULT

CHILD

EMOTIONS



CHILD

ADULT

CHILD

LOGIC



PARENT

ADULT

CHILD

JUDGEMENT



PARENT
JUDGEMENT



CRITICAL PARENT

Preconceived ideas
How we think things should be
I'm right you're wrong
Control

ADAPTED CHILD

Reactive behaviour
Under threat
Feel unsafe

CHILD
EMOTION



PARENT
JUDGEMENT



NURTURING PARENT

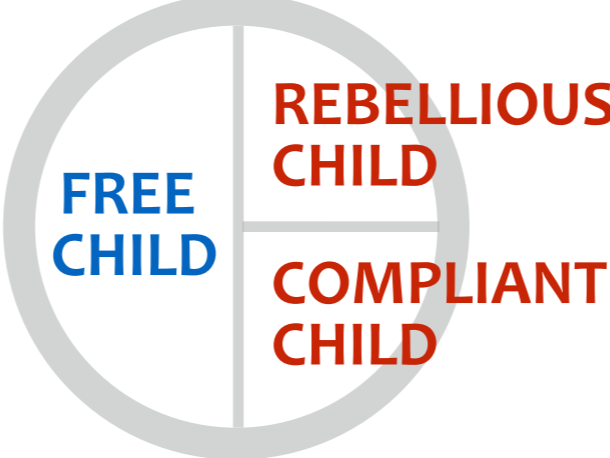
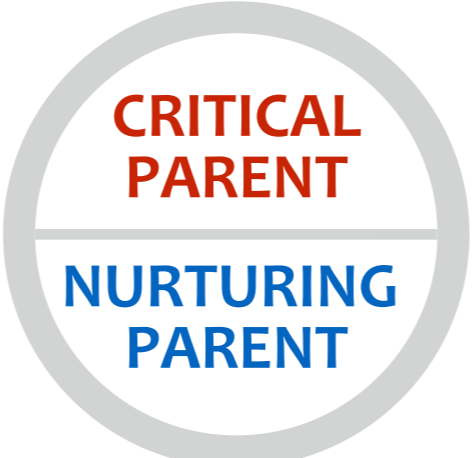
Understanding
Curiosity
Listening respect
Empathy

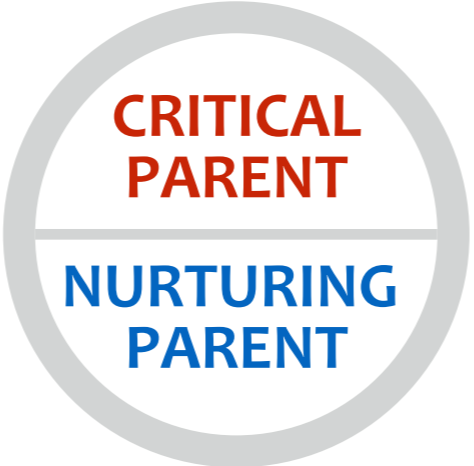
CHILD
EMOTION



FREE CHILD

The 'actual' emotion
Honest, genuine & authentic
Positive or negative

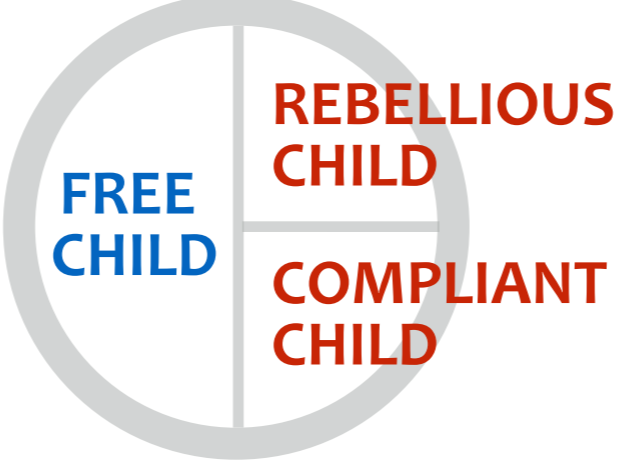




BLUE
=
EFFECTIVE

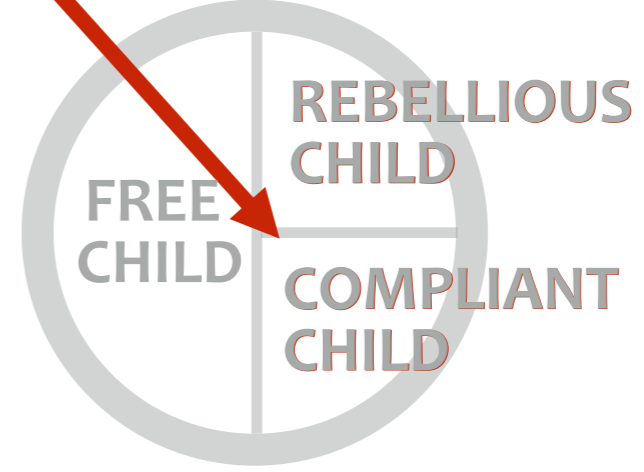
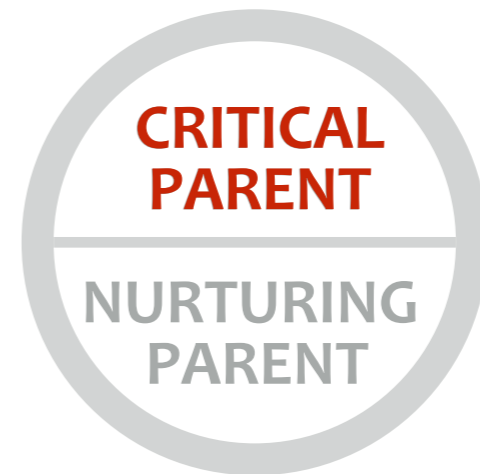
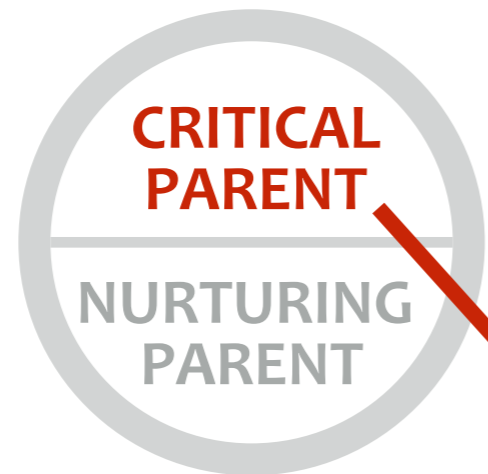


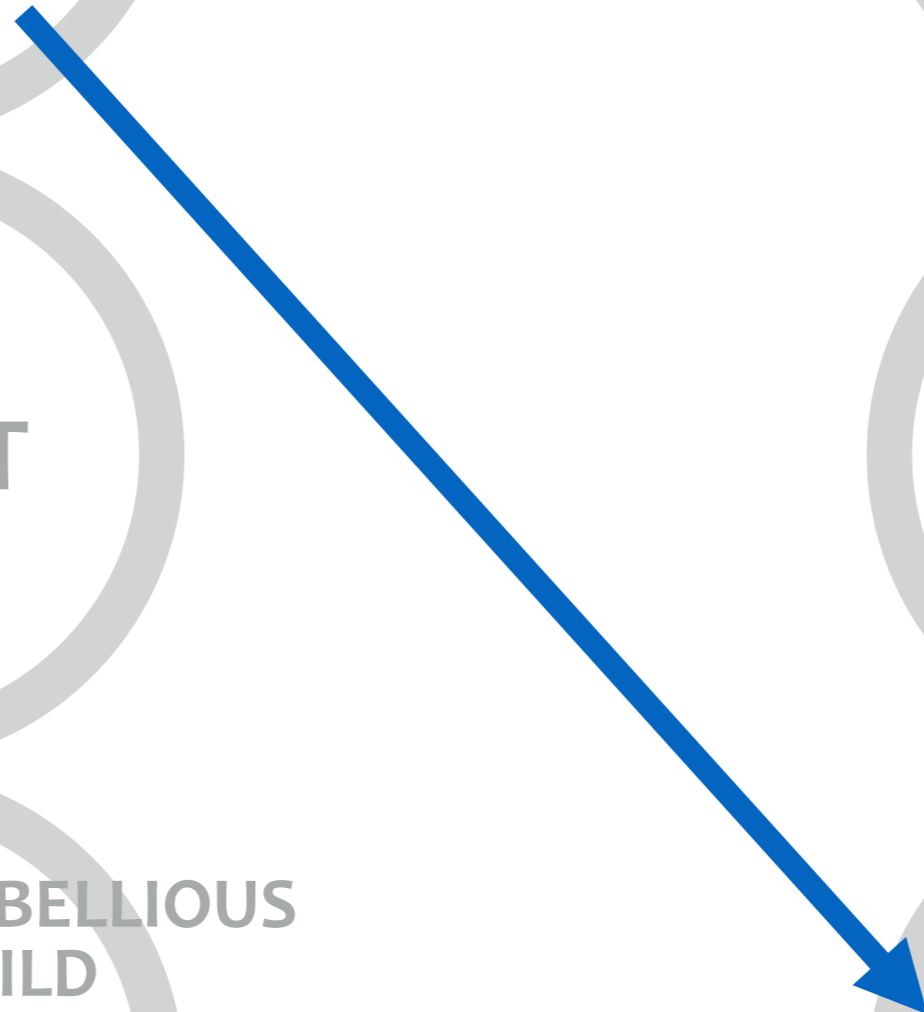
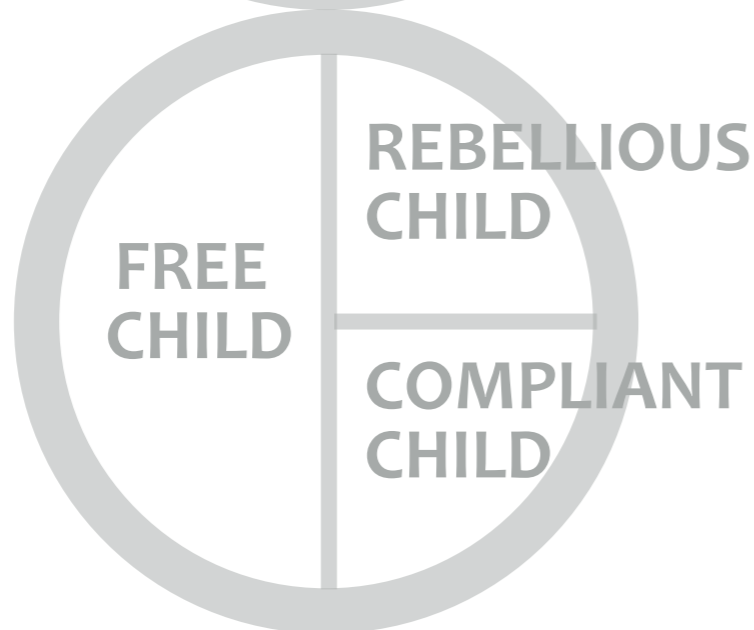
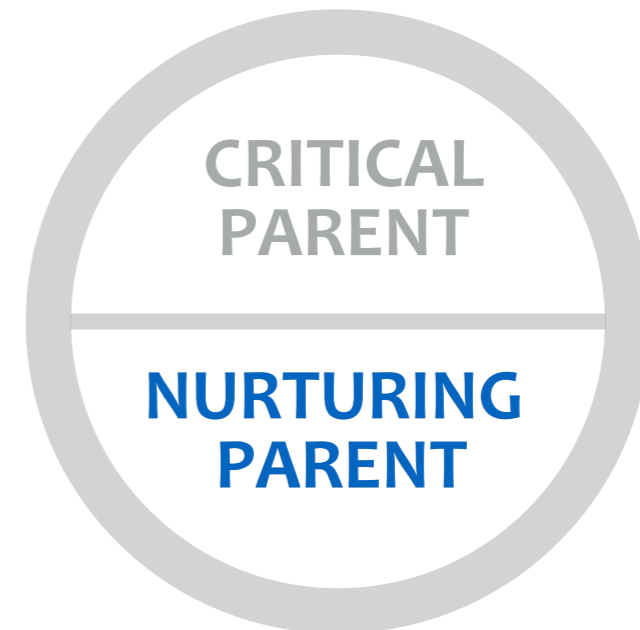
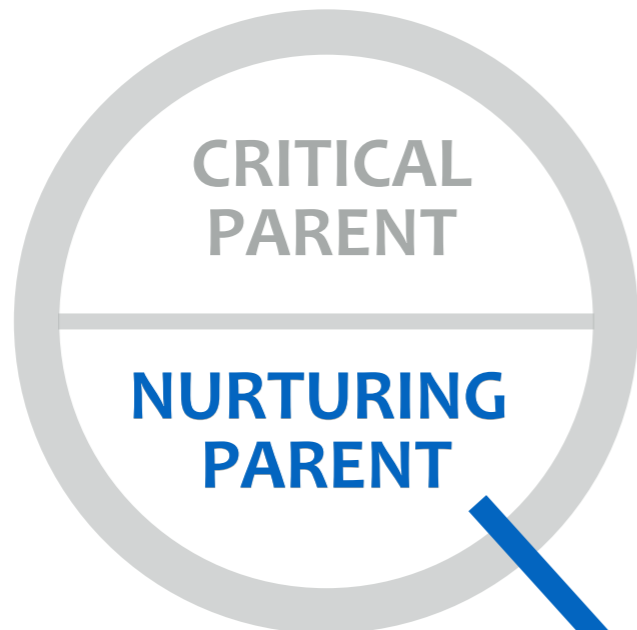
RED
=
INEFFECTIVE



PART TWO

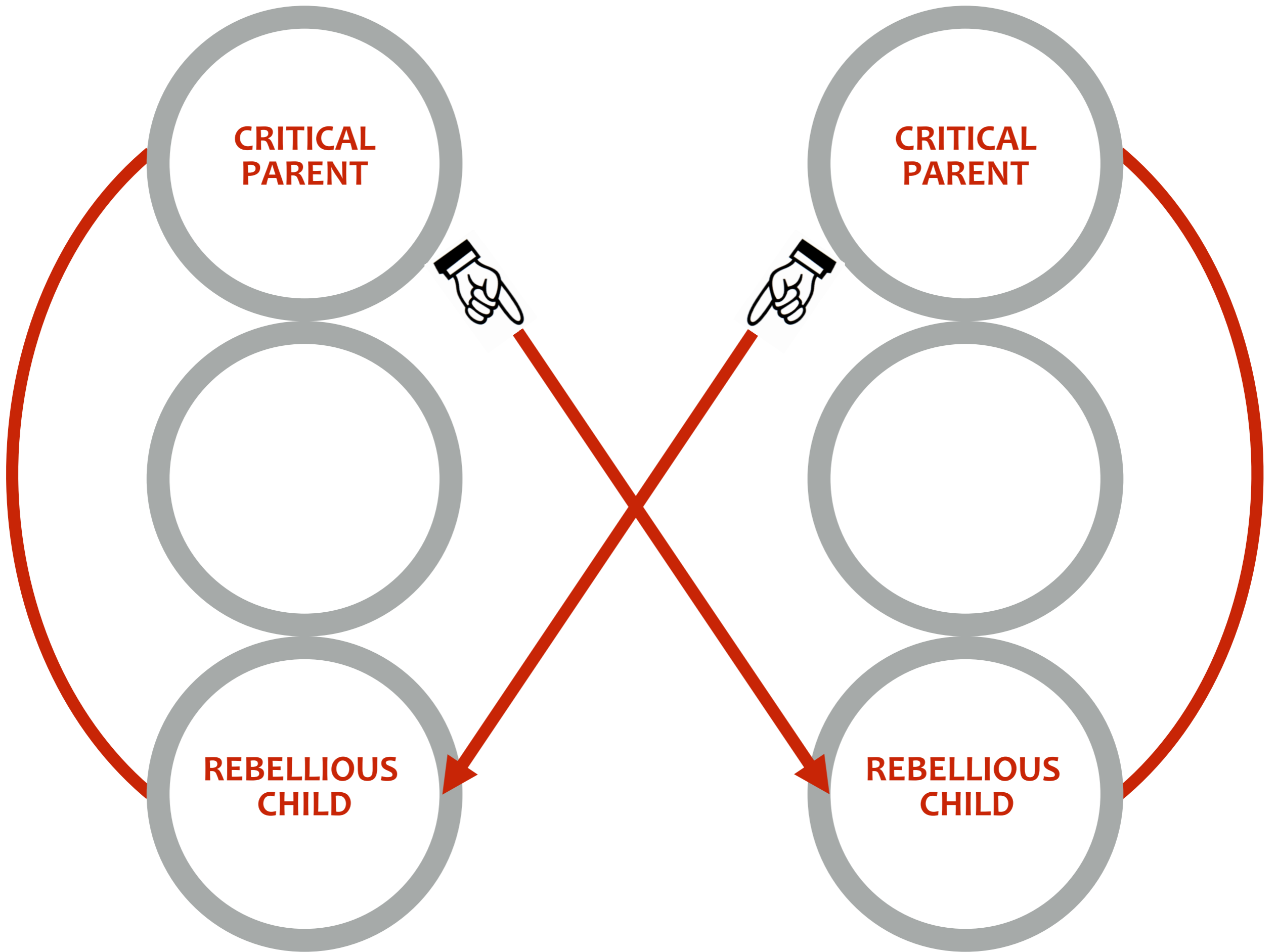
Critical Parent doesn't change behaviour.





PART THREE

Intent ≠ impact





**NURTURING
PARENT**

Listening
Understanding perspectives
Collaboration & support

ADULT

Logical reasoning
Clear thinking
Evidence-based decisions

**FREE
CHILD**

Genuine expression of concerns
Enthusiasm & energy
Open and honest



.....● *my intent*



.....● RULES



.....● *my intent*

PART FOUR

Work & home

**NURTURING
PARENT**

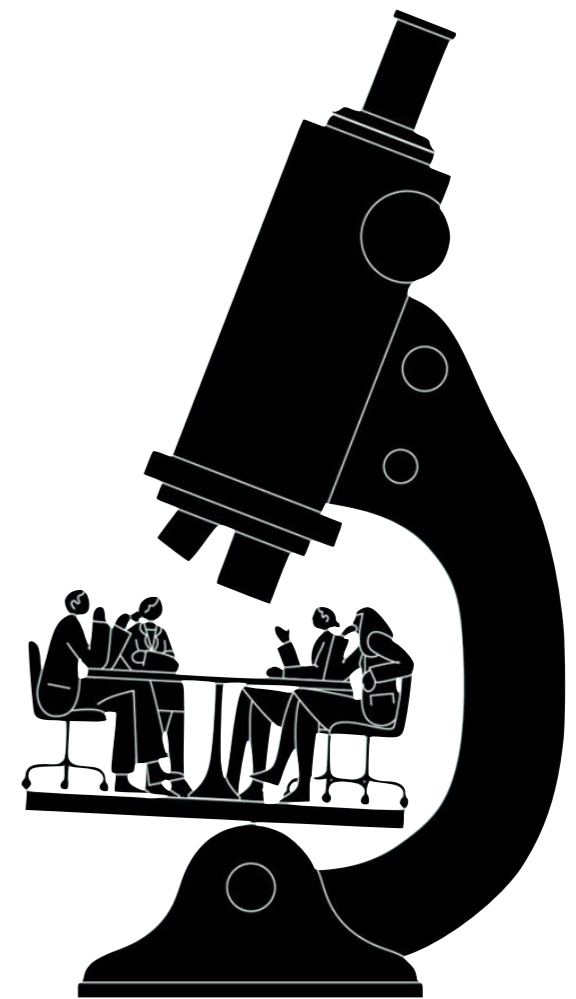
ADULT

**FREE
CHILD**



WHAT MAKES FOR THE PERFECT TEAM?

Google





**NURTURING
PARENT**

ADULT

**FREE
CHILD**

**PSYCHOLOGICAL
SAFETY**



**Team
development
programme.**

**NURTURING
PARENT**

ADULT

**FREE
CHILD**



Where in your world does
this need to be applied?

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