



Working it Out at Work: Understanding Attitudes and Building Relationships

Julie Hay

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Working it Out at Work - explains why our relationships at work are sometimes so difficult; describes frameworks for developing our awareness, our flexibility and our confidence; contains plenty of practical suggestions for increasing our relationship and teambuilding skills; and includes specific ideas for handling stress and change.

Julie Hay has taken models used by psychotherapists world-wide, converted them into terms that can be easily understood by all of us, and related them specifically to what happens at work. Drawing on examples from a broad spread of organisations, she shows how we can use these theories to interpret the dynamics between people and make better choices about our responses. To help us expand our range of options, Julie takes us gently through some self-awareness activities so that we can eliminate unhelpful patterns from our past and replace them with resourceful new ways of think, feeling and behaving.

The basis is transactional analysis (TA). Immensely popular in the 'seventies, with best-sellers Games People Play, I'm OK You're OK and Born to Win, TA has continued to develop and there are now many new concepts. There is also a world-wide association with members in at least 60 countries. With its own special blend of academically-respected theory and user-friendly jargon, transactional analysis continues to be an excellent framework for helping people understand human nature.

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