

# Unmasking Unconscious Dynamics in Coaching: A TA Perspective with Boaz Safier

Transactional Analysis (TA) is a psychological theory and psychotherapeutic approach developed by Eric Berne in the early 1960s. Berne was particularly interested in analysing and explaining human behaviour, communication, and relationships. TA provides a helpful lens to explore some of the unconscious dynamics that may play out within the coaching relationship.

The focus for this session will be the intersect where science meets art. We'll explore the concept of Passive Behaviours and its applications to shed light on how we may unconsciously avoid solving problems we face. We will also explore the concept of Drivers as a way to look at what might be unconscious motivations shaping how we show up in the coaching relationship.



Boaz Safier is a Partner at Catalyst 14. He is an experienced executive coach and facilitator, drawing on over 20 years in a 'Big Four' accountancy firm. Following an early career as a Chartered Accountant, Boaz spent many years as an in-house executive coach supporting senior leaders. He has a particular interest in working with individuals around personal authority, role transitions and leadership identity.

Boaz is accredited by the EMCC at Senior Coach Practitioner level. Amongst other qualifications, Boaz holds a Diploma in Transactional Analysis Psychotherapeutic Counselling from the Metanoia Institute. He is passionate about bringing concepts from TA into his coaching.