



# The Games That People Play

Decoding human interactions to get the relationships we want

Join us for a rare opportunity to hear from international transformational master coach and motivational speaker, Carolyn Stenhouse, helping those of us that want to ensure we're not part of the game

We all have ways of interacting that spawn psychological games capable of damaging relationships. These interactions influence how we feel about each other - our colleagues, our boss, our boards, funders and of course our friends, partners and children.

We are all engaged in these games, it's part of the dynamics of human relationships. People around us invite us into them daily, driven by universal human needs. Sometimes it's us doing the inviting!

In all our relationships that matter, the better skilled we are at spotting the motivations and unmet need in ourselves and others, the better able we are to have the relationships we want. If we get those, we are far more likely to get the results and outcomes we want. Most of the time the game drivers are invisible, hidden to all the players. It takes skill to spot what's going on, to navigate a way through.

Carolyn will draw on the theories of Dr Eric Berne, whose 1964 best-selling book of this talk title, broke new ground in our understanding of human relationships. Updated in 2004, Berne's work spawned a generation of fresh thinking and transformative work in the field of behavioural science.

Date:  
Friday 11 October 2019  
from 08.45 to 11.00  
Breakfast provided

Price:  
£25 per person for third sector staff or volunteers /trustees  
£50 per person non-third sector attendees

Venue:  
Caledonia House  
Pentland Park  
Saltire Centre  
Glenrothes KY6 2AL

Booking is Essential:  
[www.fva.org/games](http://www.fva.org/games)  
Phone 0800 389 6046

## Carolyn Stenhouse International transformational master coach and 'people whisperer'

Carolyn Stenhouse has been successfully decoding people and teams for years. A published researcher, she combines the rare qualities of academic rigor with Plain English approaches to complex information and no-nonsense problem-solving. Consistently voted 'best in event' Carolyn enjoys entertaining and challenging us to see and think differently - to own our part in what is going on around us.

She spent years in leadership positions in Government agencies, before founding one of Scotland's leading social policy consultancies. Her stellar reputation as a keynote speaker and transformational master coach, sees her sought out by government, non-profits business leaders, teams and ambitious individuals ready to understand themselves and their people.

Her greatest passion is work with the third sector, where her portfolio of consultancy work is extensive. Five years ago, Carolyn moved Down Under for love, and now calls Australia home.



She is now breaking new ground, helping people understand themselves ... how they're received and perceived



[www.fva.org](http://www.fva.org)  
[www.carolynstenhouse.com](http://www.carolynstenhouse.com)

