

# Transactional Analysis for Self-Management Becomes the Main Topic of Capacity Building AKPK UPNVJ

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**HumasUPNVJ** - The UPNVJ Academic, Student Affairs, Planning and Cooperation Bureau Team (AKPK) carried out *Capacity Building* in the framework of Improving Operational Service Operations for Education in the UPNVJ environment. This *Capacity Building* was held for three days, Thursday â€“ Saturday, 20 to 22 October 2022 at Pesona Alam Resort and Spa, Bogor. (20/10)

Every year UPN Veteran Jakarta organizes capacity building activities for Human Resources (HR), this aims to establish friendly relations and improve the performance of all team members in each work unit, especially the AKPK team.

Not only the usual *Capacity Building*, AKPK UPNVJ presents the Deputy Chancellor for Academic Affairs as well as the elected Chancellor for the 2022-2026 UPNVJ period, Dr. Anter Venus. In the directions and materials delivered by Anter Venus, he explained a lot about Transactional Analysis for Self-Management, "Transactional Analysis is a method of communication with a psychological approach to increase awareness, understanding and effectiveness of communication in various settings and communication contexts. What we need to know, there are six aspects of changing communication behavior, including contracts, managing transactions, strengthening *strokes*, managing games, being sensitive to *the ego state*, and choosing a position in life, "he explained.

â€œIn this case, what must be considered is *the ego state*. *Ego state* is a personality that is the source of human behavior. In humans, regardless of age, gender, and other backgrounds, there are three *ego states*, namely: *Parent Ego State*, *Adult Ego State* and *Child Ego State*, " he continued.



Venus hopes that the material on Transactional Analysis for Self-Management does not stop at just theory, but can be properly implemented in the work life of all employees within UPNVJ.



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