

**UCC Skills Workshops and  
Mindfulness Programs  
presents**

# **Cultivating Connection**

**A FREE 4-week relationship workshop  
designed to help partners to increase  
closeness by replacing ineffective conflict  
behaviors with positive interactions.**

**Individuals affiliated with the U of U should register at:  
[www.skills.utah.edu](http://www.skills.utah.edu)**

**This workshop is designed for all partners to attend.  
All sessions will be held online and is open to students, staff,  
and faculty and their partners.**

**\*Partners do not have to be U of U affiliated.**



**Cultivating Connection Workshop Overview & Content**

**Workshop Description:** Cultivating Connection is a four-week workshop offered on Zoom in a series of 4 modules. Participants will learn how to increase closeness in their relationship by replacing ineffective conflict behaviors with positive interactions. This workshop includes psycho-educational information and experiential exercises to allow participants to practice learned skills in real-time.

**Module 1: Identify the Problem**

- Barriers to Connection in Relationships
- Defining Direction—Stating What is Wanted
- Explore Relational Lenses: How the Past Impacts the Present

**Module 2: Fighting for Closeness**

- Effective Conflict: How to Listen Well
- Self-Soothing vs. Partner-Soothing
- Repair Strategies

**Module 3: Clear Communication**

- Behaviors and the Meaning we Attribute to them
- How to Identify and Share Emotions
- Identify and Communicate Unmet Needs

**Module 4: Turning Towards Your Partner**

- Recognize Attempts at Closeness
- Create a Culture of Appreciation
- Commitment as an Ongoing Process