



# INTERPERSONAL EFFECTIVENESS

This is a FREE workshop, provided as a series of 4 weekly modules. Participants will refine social skills to help develop and maintain meaningful rewarding relationships, and engage in them authentically. See below more information about the workshop content.



**FOR  
STUDENTS,  
FACULTY & STAFF**

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**ALL PARTICIPANTS  
MUST REGISTER  
ONLINE**

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**WORKSHOP  
PROVIDED ON ZOOM**

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**THURSDAYS 1PM - 2PM  
9/15 - 10/6  
10/26 - 11/16**

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**MORE  
INFORMATION &  
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**UNIVERSITY  
COUNSELING CENTER**  
Skills Workshops  
and  
Mindfulness  
Programs



## **Interpersonal Effectiveness Workshop Overview & Content**

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**Workshop Description:** Interpersonal Effectiveness is a four-week workshop offered by the University Counseling Center in series of 4 modules. Participants will refine social skills to help develop and maintain meaningful rewarding relationships, and engage in them authentically. The workshop includes psycho-educational information, group discussion, and experiential exercises. A summary of the discussed topics and experiential activities is provided below:

### **Module 1: Self in Relationships**

- Self in relationships: what plays into it?
- Personal beliefs about and “templates” of relationships
- Introduction to Mindfulness

### **Module 2: Interpersonal Boundaries**

- Emotional Boundaries
- Other Interpersonal Values
- Experiential Learning: Mountain Meditation, Grounding

### **Module 3: Objective Effectiveness: Communication**

- Assertiveness – distinguishing it on a continuum of approaches to confrontation
- Being kind vs. being nice
- Objective Effectiveness – strategies to help meet personal needs and goals in relationships

### **Module 4: Relational and Self-Respect Effectiveness**

- Relational Effectiveness – ways to maintain connection in challenging conversations
- Self-Respect Effectiveness – staying true to oneself in the midst of challenging interactions
- Experiential Learning: Loving-Kindness Meditation

