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

ALL PARTICIPANTS MUST REGISTER ONLINE

WORKSHOP PROVIDED ON ZOOM

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

MORE INFORMATION & REGISTRATION@ SKILLS.UTAH.EDU

UNIVERSITY COUNSELING CENTER
Skills Workshops and Mindfulness Programs
Interpersonal Effectiveness Workshop Overview & Content

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

Mind Full, or Mindful?