



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
& IN-PERSON**

**TUESDAYS 2PM - 3PM
2/7 - 2/28
3/21 - 4/11**

**MORE
INFORMATION &
REGISTRATION @
[SKILLS.UTAH.EDU](https://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

