Building Interpersonal Skills:  
An Experiential Workshop

Course Code: COM 19

Quarter: Winter 2016

Instructors: Susan Neville, Kevin Martin, Campbell Frank

Course Schedule:  
- Thursday  Feb 4  6:30 – 9:30 pm (required attendance)
- Friday     Feb 5  6:30 – 9:30 pm (required attendance)
- Saturday   Feb 6  9:30 am – 6:30 pm (required attendance)
- Sunday     Feb 7  9:30 am – 4:30 pm (required attendance)
- Monday     Feb 8  6:30 – 8:30 pm

Background reading – recommended – not required:

These readings may enhance your experience at the workshop. Due to time constraints we may not reference them directly or at all. The 4 mindsets as outlined by Keith Ferrazzi go a long way toward building a strong group. Susan Cain’s research on the leadership qualities of introverts gives a new perspective toward understanding each other – whether you see yourself as an introvert or extrovert this is a compelling look at a personal quality that we often misunderstand.

1. Who’s Got Your Back? (Sections One and Two) - Keith Ferrazzi
   Alternatively read section one online at this link:  

   And excerpts from Section 2 at this link: [http://www.huffingtonpost.com/keith-ferrazzi/whos-got-your-back-the-fo_b_210954.html](http://www.huffingtonpost.com/keith-ferrazzi/whos-got-your-back-the-fo_b_210954.html)

2. Quiet, The power of introverts by Susan Cain
   [http://www.thepowerofintroverts.com](http://www.thepowerofintroverts.com)

   Her TED talk at:  
   [http://www.ted.com/talks/susan_cain_the_power_of_introverts.html](http://www.ted.com/talks/susan_cain_the_power_of_introverts.html)
Requirements for Credit/No Credit: Attend Thursday and Friday evenings and full day sessions Saturday and Sunday.

Requirements for a Letter Grade:
For an A – attend ALL five sessions and submit 4 typed journal pages – one for Thursday, Friday, Saturday, and Sunday sessions.
For a B – attend Thursday, Friday, Saturday, and Sunday sessions making a good faith effort to participate fully.

Topics to be covered:
Empathic listening
How to give and receive honest feedback
A look at emotions through a neuroscience lens
Understanding and integrating feelings in your communication
Applying the skills learned in this workshop in everyday life

Course design: This is a hands-on experiential workshop. Active participation is key. A good level of proficiency in English is also helpful. There will be presentations and class exercises; much of the time will be spent in a small group (up to 12 people) facilitated by one of the instructors. If you attend with a partner or close friend we will try to place you in different groups.