Building Interpersonal Skills: An Experiential Workshop

Course Code: COM 19

Quarter: Summer 2016

Instructors: Susan Neville, Kevin Martin, Campbell Frank

Course Schedule:  
- Thursday July 21  6:30 – 9:30 pm  (required attendance)
- Friday July 22  6:30 – 9:30 pm  (required attendance)
- Saturday July 23  9:30 am – 6:30 pm  (required attendance)
- Sunday July 24  9:30 am – 4:30 pm  (required attendance)
- Monday July 25  6:30 – 8:30 pm

Background reading or videos – 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

2. Quiet, The power of introverts by Susan Cain  
   http://www.thepowerofintroverts.com
   Her TED talk at:
   http://www.ted.com/talks/susan_cain_the_power_of_introverts.html

   Her TED talk at:  
   https://www.ted.com/talks/brene_brown_on_vulnerability
**Requirements for Credit/No Credit:** Attend Thurs and Fri evenings and full day Sat and Sun

**Requirements for a Letter Grade:**
For an A – attend ALL five sessions and submit 4 typed journal pages – one each for Thurs, Fri, Sat and Sun session
For a B – attend Thursday, Friday, Sat 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 recommended. 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.