

Inter-Personal Dynamics

Course Summary

Building and maintaining effective relationships is at the core of career and business success. This elective has been developed to give you an opportunity to refine your relationship building and management skills and to ensure that you are well equipped to meet the inter-personal challenges that often become increasingly complex and demanding the more senior you get. The objective of this course is thus to help you develop your ability to build more effective professional relationships. This involves a set of skills that are evidence-based and can be learnt through practice.

Self-Awareness

These skills start with knowing and developing yourself – enhancing your ability to accurately assess and regulate yourself. We will build your skill at paying attention to your thoughts, feelings, sensations and impulses. We will explore what identity is and what it means to be authentic. You will receive intensive feedback on how others perceive you.

Building Relationships

We also focus on how you read emotions and connect with them to build successful relationships. This includes dealing with people who are different to you personally and culturally, as well as how to manage conflict and difficult conversations.

Personal Impact and Communication Skills

We will analyse the elements of effective communication and what it means to connect more profoundly with those around you.

Given that this course is about building relationships, being a passive observer will significantly limit your own learning and the learning of those around you. By attending this course, you are committing to being actively engaged in the discussions and activities, as well as bringing a mindset that allows you to be open to taking risks and giving and receiving feedback to help yourself and others maximise their learning. If you do these things, I am confident this will be a very rewarding course.

Credit: 11

Learning Outcomes

On successful completion of this course, you will be able to:

- Effectively understand and influence the impressions others form of you to build trust
- Manage yourself more mindfully and respond more consciously to people and situations
- Be more effective at connecting with people and building relationships with people who are different
- Handle difficult situations and conversations more successfully
- Communicate more powerfully in a wide range of situations

Assessment Information & Policies

Assessment	Weighting	Group/Individual
Individual Assignment	50%	Individual
Group Assignment	50%	Group

Requirements to Pass

In order to successfully complete a Core or Elective Course, students will be required to achieve the following minimum requirements:

- i. A minimum of 50% overall and
- ii. A minimum of 50% across the weighted average of individual assessment component(s) excluding class participation and
- iii. Satisfy the attendance requirements.