

## Course Summary

The objective of this course is 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.

Please note: Because of the highly interactive and personal nature of this course, there are two specific policies in place:

(1) Students must attend all 10 sessions (see course attendance policy).

(2) There is a strict no laptop policy that will be enforced in all plenary sessions. Flatscreen devices (i.e. ipads) will be permitted. NOTE: Students should not sign up for this course if they know they cannot attend all sessions or are not willing to comply with the no laptop policy. Students are reminded that the final deadline to drop this course is a minimum of seven days before the course begins. Once the deadline has passed, students are committed to the course.

Recordings will not be provided.

Each session's online module provides information about the format, concepts covered, readings and resources.

Course assignments and due dates are available in the course syllabus at the bottom of the page.

## 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 Overview

\*\*\*Assessment arrangements are indicative only and subject to change but will be confirmed when the course syllabus is published to the class\*\*\*

This course will be based on :

- \*Individual Assignment (50%)
- \*Group Assignment (50%).

Course Summary

Learning Outcomes

Assessment Overview

Teaching Methods

Teaching/Contact Hours

Suggested Independent Study Hours

Course Preparation and Reading

Streams

## Teaching Methods

Self-awareness; building relationships; personal impact and communication skills.

## Teaching/Contact Hours

Teaching/Contact Hours: 27.5

## Suggested Independent Study Hours

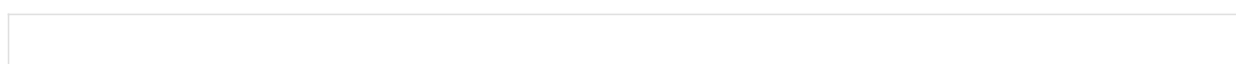
Suggested Independent Study Hours: 30.

## Course Preparation and Reading

An individual assignment is due to be turned in on the first day of class. This will require a fair amount of work before we meet, so that we can get the maximum value out of our time together. Course materials will be distributed electronically.

This course will use lectures, class discussions, guest speakers, videos, in-class exercises, and some cases to illustrate course concepts.

## Streams



E500 B SPR25	SPR25	<a href="#">Thomas Mussweiler</a>	Block Week
Date	Start Time	End Time	
24/03/2025 Monday	08:15	11:00	
24/03/2025 Monday	12:45	15:30	
25/03/2025 Tuesday	08:15	11:00	
25/03/2025 Tuesday	12:45	15:30	
26/03/2025 Wednesday	08:15	11:00	
26/03/2025 Wednesday	12:45	15:30	
27/03/2025 Thursday	08:15	11:00	
27/03/2025 Thursday	12:45	15:30	
28/03/2025 Friday	08:15	11:00	
28/03/2025 Friday	12:45	15:30	
E500 C SUM25	SUM25	<a href="#">Amy Bradley</a>	Day

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