

COURSE LISTINGS – INTERPERSONAL SKILLS



The Art of Active Listening – This is a half-day workshop in which participants discuss and practice the steps in becoming an active listener. Participants also explore the effective communication practices involving body language, written communication, and having difficult conversations.

GET OUT! How to Develop and Execute a Plan as a Team – This 2-hour experience is a sure way to build team camaraderie. This activity begins with an Escape Room activity, in which participants work together to find clues and solve riddles to escape a theme-based room. The experience culminates with a one-hour debriefing and reflection of the experience and overview of team-building strategies.

Diversity Appreciation: How Differences Can Improve the Workplace – This is a full-day workshop that focuses on identifying the internal and external aspects of diversity. Participants will identify strategies for maximizing collaboration efforts and utilizing individual differences and strengths to increase performance and productivity.