

Interpersonal & Group Dynamics:

an Experiential Workshop for Women

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Important Norms

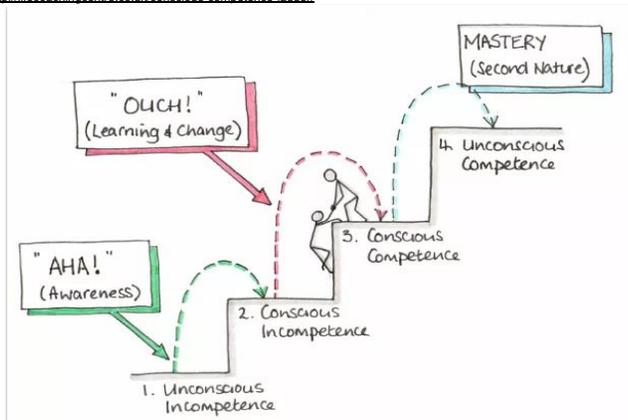
- ▶ Be on time
- ▶ Confidentiality
- ▶ Speak for your own experience
- ▶ Fully present & engaged
- ▶ Try something new
- ▶ Embrace mistakes
- ▶ Take care of yourself + ask for what you need
- ▶ we'll develop more together per what's important to you

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Experiential Learning

Resource: <http://lifecoachingcentre.co.uk/conscious-competence-ladder/>

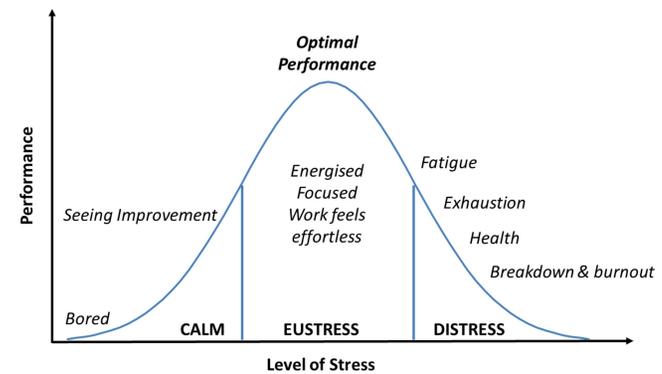


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Learning Requires Taking Risks

Resource: <https://i.pinimg.com/474x/7f/2e/4e/7f2e4e0664d3e3e421dca07ead121d5e.jpg>

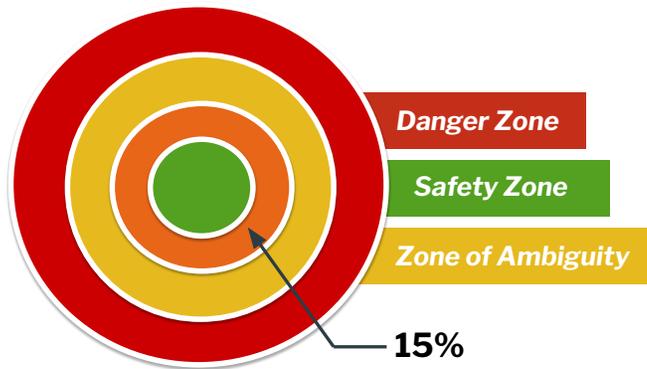


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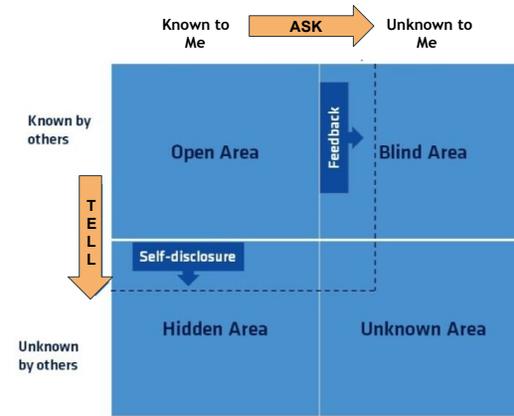
Self-Talk & Risk: How to decide?

Resource: Lev Vygotsky, adapted by Carole Robin for Stanford's "Interpersonal Dynamics" course



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Johari Window



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T-Group Learning

- ▶ “Here & Now” usually offers the most learning (not always)
- ▶ Offering & asking for feedback
- ▶ Sharing feelings, reactions, observations
- ▶ Building muscles/options vs. “*Changing Who I Am*”
- ▶ Our job: “Safe enough” for experimentation
Dual Facilitator/Member role
- ▶ Your job: Each one responsible for success of the group
Responsible for your own learning
* No T-grouping outside of T-group *

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Feelings & Emotions -- Why the focus? EQ learning and practice

SELF ...

Self Awareness → Self Management → Behavior Management
(internal state) (conscious choice)

and OTHER ...

Awareness → Understanding → Response

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