



A proposal of Wsztechnica UJ



INTERPERSONAL TRAINING



PROGRAM

Interpersonal training is a learning situation, i.e. a learning process based on the participants' interpersonal experiences, which are acquired and analysed during the training. The work is based on what actually happens between the participants "here and now". Interpersonal training is based on a group process. According to its stages it reflects what really happens between the people who form the group. The interactions that take place in the group give the opportunity to discover how everyone functions in the group, how they communicate and what effect this has on others.



The main goal of interpersonal training is to develop interpersonal skills, specifically:

- / improving skills of expressing thoughts and feelings, conflict resolution, active listening to others;
- / better understanding of the motives for action and emotions of other people;
- / improving their behavior in various situations with people;
- / building contact and understanding with others and deepening the attitude of respect and understanding for diversity, sensitivity to other people;
- / developing one's emotional intelligence;
- / recognizing their emotions and motives of their behavior, increasing empathy towards experienced emotions and needs of others;
- / learning about others' reactions to one's behavior in order to better understand one's impact on others;
- / to improve their ability to receive and give feedback;
- / to become more aware of one's strengths.





TRAINING OUTCOMES

Participants of interpersonal training will increase their awareness and understanding of emotions in their daily activities, allowing them to:

- / Build more satisfying relationships with co-workers and clients
- / Strengthen their own sense of worth and conscious, realistic self-esteem
- / Coping better in everyday situations and in times of stress or conflict
- / Communicating one's emotions openly and non-aggressively
- / Building one's own authority through openness
- / Being braver in looking for "good points" and opportunities instead of "sweeping conflicts under the rug"

Barbara Chruślicka

Interpersonal training trainer

Graduate of the Jagiellonian University, supervisor of group psychological training recommended by the Polish Psychological Association and supervisor of the Association of NGO Trainers "STOP". For 15 years she was the content manager of the Postgraduate Study of Creativity Training and Art Therapy at the University of Warsaw.

She conducts classes to support the development of individuals, groups and organizations. Her areas of training specialization are: coach training and supervision, interpersonal skills - especially effective communication and conflict resolution, leadership training focused on understanding team mechanisms. She conducts team coaching and intervention meetings focused on cleaning up relationships and developing cooperation, and works on attitudes in the area of health and safety psychology. In her work she often uses unconventional methods (she is a graduate of the J.L. Moreno European Institute of Psychodrama, among others).

She has created and implemented large training and consulting projects for, among others: Electrolux, Pramerica Financial, Generali, Danfoss Power Solutions, Mondelez, Cadbury Poland. She also trained employees of many companies: BZWBK, PBK, BPH, Raiffeisen Bank, Impel, PWC, Berlitz, manufacturing companies like Delphi Poland, Kraft, Vorwerk, Volkswagen Poland, ATI Stalowa Wola, Bavidro Glass Works and others. He has been working for years with universities (SWPS, Wyższa Szkoła Menedżerska, Warsaw University), public services such as the Civil Service Office, the Center for Education Development, ZUS and NGOs.





ORGANISATIONAL INFORMATION & FEES

KRAKÓW

EDITION 18

Meeting I
19-22 October 2023

Meeting II
30 October 2023

3000 PLN + 23% VAT
(3690 PLN gross)

Payment up to 15 days before
the training starts.

STANDARD FEE

2700 PLN + 23% VAT
(3321 PLN gross)

Payment up to 15 days before
the training starts.

DISCOUNT 300 PLN

2500 PLN + 23% VAT
(3075 PLN gross)

Price for graduates and
participants of current editions
of Schools of Wszechnica UJ.

DISCOUNT 500 PLN

- / 40 hours of training
- / Lunch & Coffee break

- / Certificate of training completion
- / Complete training materials

- / ul. Sławkowska 10, Kraków; 9:00-17:00
- / [Training participation regulations \[PL\]](#)



CONTACT PERSON

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