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INTERPERSONAL RELATIONSHIP SKILLS

Verona, May 10th 11th, 2023

Maurizio Chiappa



Program



1. Short Introduction
2. Movie
3. In-depth information
4. Individual Assessment on Basic attitude in the relationship
5. Role playing on win win relations
6. Check your assertiveness
7. Closure remarks



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The power of relationships





Definition

Interpersonal Relationships:

Interpersonal relationships refer to reciprocal social and emotional interactions between the person and other people in the environment.

Interpersonal Relationships styles:

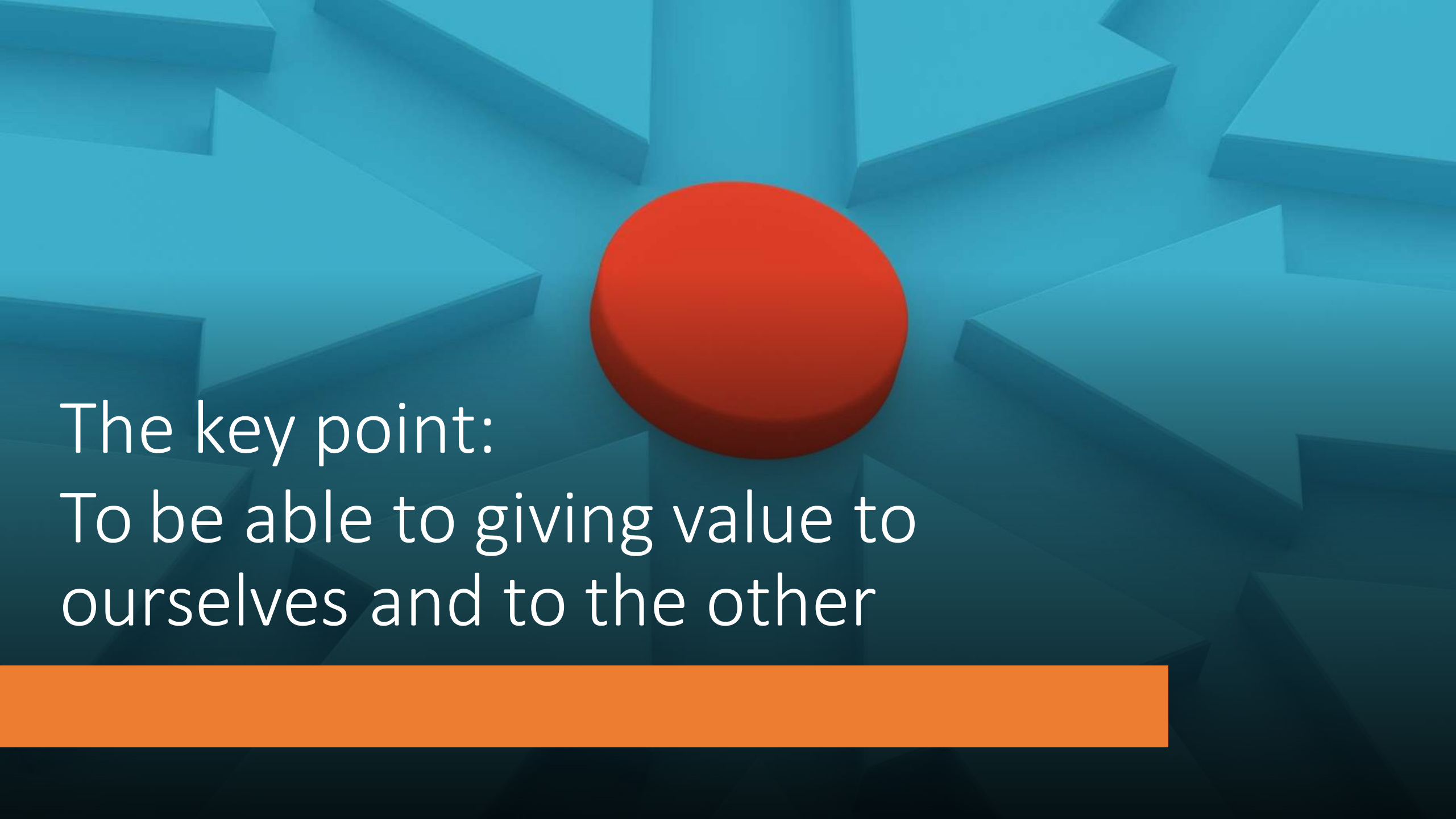
There are different patterns observable in an individual's dealings with other people that can influence the quality of the interaction with them.



Interpersonal Relationship Model

Interpersonal Relationship model explains an individual's outlook towards relationship and how one's perception changes in due course.

- Two people come together, like each other and enter into a relationship.
- According to interpersonal relationship model, **two directional components** go a long way in creating an individual's perception about relationships.
- They are as follows:
 - **Other to Self:** The component "other to self" represents an individual's awareness of his partner's attitude, thoughts and beliefs towards himself. The other to self component is more to do with the awareness of an individual as to how his/her partner treats him/her.
 - **Self to Other:** The "self to other" component signifies an individual's awareness of his own behaviour, attitude towards his/her partner. How an individual treats the other person in relationship is denoted by self to other component.

A 3D red sphere is positioned in the center of the frame. The background consists of a blue, gear-like pattern with multiple teeth pointing outwards, creating a sense of depth and movement. The lighting is soft, highlighting the sphere and the edges of the gear teeth.

The key point:
To be able to giving value to
ourselves and to the other



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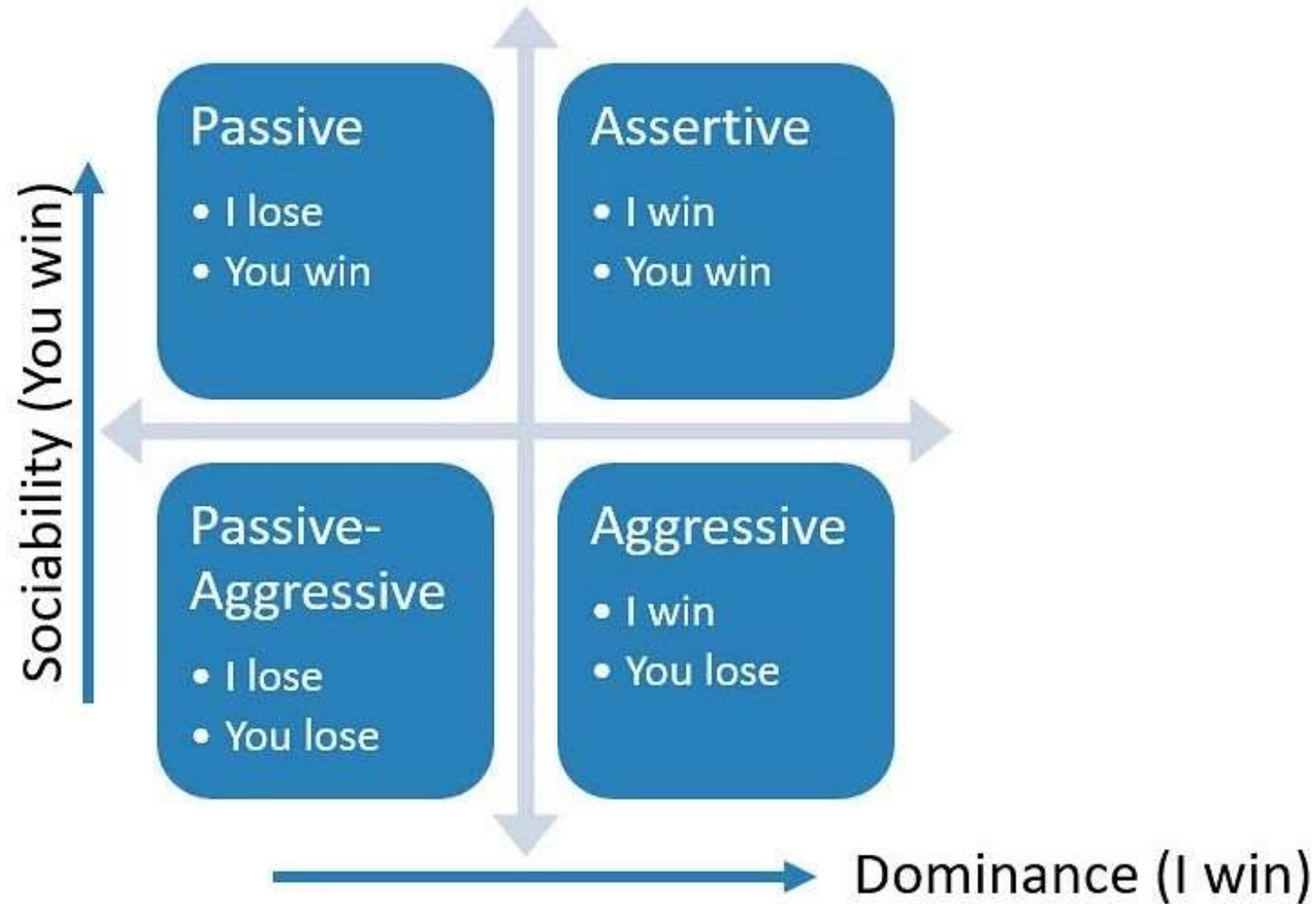


Mindset and relationship techniques





Basic Attitudes in relationships





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KNOW
YOURSELF

4BUSINESS

l i f e s k i l l s

EXISTENTIAL POSITIONS AND PROFESSIONAL LIFE ¹

On each of the eight areas of professional life below, distribute 10 points according to how often you act in that way



How manage relations in a win win attitude

1. Role playing in contrasting needs and expectations
2. Identify the most relevant process of win win approach





RECOGNITION OF THE TYPE OF RESPONSES



Instruction

Read the description of each situation and indicate whether the expressions in quotation marks are:

- **AGGRESSIVE** - an attitude of devaluation of the other or of his/hers needs or rights.
- **ASSERTIVE** – no devaluations – my needs and expectations and yours don't conflict.
- **AVOIDING – PASSIVE** - less devaluation of oneself and one's needs or rights.





manipulative behaviour

- It is a passive-aggressive behavior, generally typical of a taciturn and outwardly non-assertive person, but who harbors a strong resentment in their thoughts and beliefs. It has its roots in low self-esteem.
- People do not specify what they want or mean, but use indirect methods, such as irony, sarcasm, suggestive speech, etc. so that the other must assume their intentions or feel guilty or responsible.



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QUIZ

Basic attitude in relationship

A group of people are holding a large, ornate silver trophy. The trophy has a wide, flared top with a complex, faceted design. The hands of several people are visible, gripping the sides of the trophy. The background is a clear, bright blue sky. The text "Win win small attentions" is overlaid in the center of the image.

Win win small attentions



- Listen actively
- Not only questions to others, but also to ourselves; are crucial to know how to get what you want
- Express your feeling and interest in the relationship
- Use the first person in communicating: take your responsibility in the relationship
- Ask starting with giving value to you and your need, so it turns out the value that the other has for you
- Say no to the question never to the person



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- "We all have unnecessarily ambitious ideas about what the purpose of relationships is,"
 - "But to be satisfied, three elements are enough: mutual kindness, the possibility of being vulnerable and understanding»

Alain de Botton, the School of Life

WHY WE'RE
FATED
TO BE
LONELY

