

Prowadzący	Dr Aneta Karasek
Oferta PJO*	TAK / NIE**
Oferta PJOE*	TAK / NIE **
Kierunek, rok, stopień dla PJO (*obowiązkowe)	
Semestr roku 2025/2026	zimowy / letni **

* PJO – przedmiot w języku obcym dla studentów polskich / PJOE – przedmiot w języku obcym dla studentów Erasmus+

** zostawić właściwe

BASIC INFORMATION ABOUT THE SUBJECT (INDEPENDENT OF THE CYCLE)

Module name	Interpersonal Communication: A Mindful Approach to Relationships in Workplace
Erasmus code	
ISCED code	
Language of instruction	English
Website	
Prerequisites	-
ECTS points hour equivalents	<p>Contact hours (work with an academic teacher): 30 Total number of hours with an academic teacher: 30 Number of ECTS points with an academic teacher: 3 Non-contact hours (students' own work): 30 Total number of non-contact hours: 30 Number of ECTS points for non-contact hours: 3 Total number of ECTS points for the module: 6</p>
Educational outcomes verification methods	Active participation in the classes, preparing an oral presentation and final project.
Description	<p>The module covers the knowledge of possibilities of improving interpersonal communication and ways of developing practical mindful approaches in the workplace.</p> <p>The main objectives of the course are:</p> <ol style="list-style-type: none"> 1. improving interpersonal communication 2. developing a practical, mindful approach to relationships in the workplace 3. learning a wide variety of skills supporting communication at work
Reading list	<ol style="list-style-type: none"> 1. J. S. Wrench, N. M. Punyanunt-Carter, K. S. Thweatt, Interpersonal Communication: A Mindful Approach to Relationships, Open SUNY Textbooks, 2020 2. D.A. Whetten, K. S. Cameron, Developing Management Skills, Prentice Hall; 8 edition, 2011 3. A. de Bruin, MINDFULNESS and MEDITATION at University, Verlag, Bielefeld, 2021. 4. J.Keyton, Communication and organizational culture: a key to understanding work experiences, SAGE Publishing, 2011 5. P.Cobley, P.Schulz (Eds.), Theories and models of communication, de Gruyter Mouton, 2013 6. G.Cheney, S. May, D.Munshi (eds.), The Handbook of Communication Ethics, New York: Routledge, 2011 7. N. J. Adler, A. Gundersen, International Dimensions of Organizational Behavior (5th Edition), South-Western College Pub, 2007 8. The 7 Habits of Highly Effective. Powerful Lessons in Personal Change, by Stephen R. Covey, Free Press; Revised edition (November 9, 2004) 9. Primal Leadership by Daniel Goleman, Richard Boyatzis, Annie McKee, Boston: Harvard Business School Press, (2004) 10. Training in Interpersonal Skills by Stephen P.Robbins, (5th Edition), Prentice Hall; 5 edition (May 19, 2008) 11. A. Pressman, Design Thinking: A Guide to Creative Problem Solving for Everyone, Routledge; 1 edition, 2018.

	<p>12. T. Brown, J. Wyatt, Design thinking for social innovation. Development Outreach, 2010, 12(1), 29-43.</p> <p>13. D. Goleman, Leadership: The power of emotional intelligence, More Than Sound LLC Northampton MA, 2011</p>
Educational outcomes	<p>KNOWLEDGE</p> <ol style="list-style-type: none"> 1. related to basic principles of human communication 2. related to mindful communication 3. related to storytelling techniques <p>SKILLS</p> <ol style="list-style-type: none"> 1. empathic listening skills 2. public presentation 3. managing conflict <p>ATTITUDES</p> <ol style="list-style-type: none"> 1. being open to others and understanding differences between people 2. partnership approach to building relationships
Practice	n/a

INFORMATION ABOUT CLASSES IN THE CYCLE

Website	
Educational outcomes verification methods	Active class participation, preparing an oral presentation, and final project.
Comments	-
Reading list	<ol style="list-style-type: none"> 1. J. S. Wrench, N. M. Punyanunt-Carter, K. S. Thweatt, Interpersonal Communication: A Mindful Approach to Relationships, Open SUNY Textbooks, 2020 2. D.A. Whetten, K. S. Cameron, Developing Management Skills, Prentice Hall; 8 edition, 2011 3. A. de Bruin, MINDFULNESS and MEDITATION at University, Verlag, Bielefeld, 2021. 4. J.Keyton, Communication and organizational culture: a key to understanding work experiences, SAGE Publishing, 2011 5. P.Cobley, P.Schulz (Eds.), Theories and models of communication, de Gruyter Mouton, 2013 6. G.Cheney, S. May, D.Munshi (eds.), The Handbook of Communication Ethics, New York: Routledge, 2011 7. N. J. Adler, A. Gundersen, International Dimensions of Organizational Behavior (5th Edition), South-Western College Pub, 2007 8. The 7 Habits of Highly Effective. Powerful Lessons in Personal Change, by Stephen R. Covey, Free Press; Revised edition (November 9, 2004) 9. Primal Leadership by Daniel Goleman, Richard Boyatzis, Annie McKee, Boston: Harvard Business School Press, (2004) 10. Training in Interpersonal Skills by Stephen P.Robbins, (5th Edition), Prentice Hall; 5 edition (May 19, 2008) 11. A. Pressman, Design Thinking: A Guide to Creative Problem Solving for Everyone, Routledge; 1 edition, 2018. 12. T. Brown, J. Wyatt, Design thinking for social innovation.Development Outreach,2010, 12(1), 29-43 13. D. Goleman, Leadership: The power of emotional intelligence, More Than Sound LLC Northampton MA, 2011
Educational outcomes	<p>KNOWLEDGE</p> <ol style="list-style-type: none"> 1. related to basic principles of human communication 2. related to mindful communication 3. related to storytelling techniques <p>SKILLS</p> <ol style="list-style-type: none"> 1. empathic listening skills 2. public presentation 3. managing conflict <p>ATTITUDES</p> <ol style="list-style-type: none"> 1. being open to others and understanding differences between people 2. partnership approach to building relationships
A list of topics	<ol style="list-style-type: none"> 1. Basic Principles of Human Communication 2. Communication Competence 3. Understanding Mindful Communication 4. Verbal and Non-verbal elements of communication 5. Self- awareness 6. Emotional Intelligence 7. Empathic listening skills 8. Enhancing Interpersonal Communication Through Storytelling Techniques

	9. Managing conflicts in relationships 10. Creative problem solving 11. Interpersonal Relationships at Work 12. Empathy 13. Creating solutions 14. Decision making 15. Presentation Skills
Teaching methods	Workshop, Case study, problem discussion, learning by doing, design thinking tools, storytelling
Assessment methods	Class contributions, attendance, oral presentation, final project