



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Enhance Your Communication Skills

2324-3-H4102D115

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#### Aims

Whether we communicate from behind a screen or face to face, strong communication and interpersonal skills allow us to share ideas, points of view, expertise, and information effectively. This course will expand students' communication skillset by providing theoretical knowledge and practical suggestions and strategies to manage interpersonal relationships in the workplace and promote a healthy work environment.

#### Contents

This unit will provide students with theoretical knowledge and practical strategies for effective and functional communication in the workplace and a general overview of the most important psychological mechanisms involved in interpersonal relationships. In particular, the course will offer participants the knowledge and skills necessary to effectively communicate in the workplace focusing on some of the most recurring conflicts in organisational healthcare settings. Students will be invited to reflect on their personal communication style and they will learn the importance of matching their communication style with situational goals and learn how to manage and control challenging conversations.

#### Detailed program

The following contents will be covered:

- Theoretical notions on the basic elements of communication. Watzlawick's five axioms of communication and the conversational Maxims of Paul Grice will be introduced.
- Practical strategies and suggestions to favour the recognition of relevant elements for communication within the working group.
- Provide general strategies for effective communication.

- Managing challenging conversations: theory and practical tips on how to manage conflicts.
- A general overview of the most critical psychological virtuous or vicious mechanisms involved in interpersonal relationships.
- Theory of Mind, empathy and emotional intelligence: the individual's capacity to understand and manage emotions.
- Stress, burnout, resilience and coping strategies: the psychology of personal growth.

## **Prerequisites**

None

## **Teaching form**

This course will guide the participants to learn about communication and interpersonal skills, in the form of frontal lessons, supervised small-group activities, role-play, and case simulation.

## **Textbook and teaching resource**

A selection of scientific journal articles will be provided; ppt slides and other relevant material will be uploaded on the e-learning website

## **Semester**

Second

## **Assessment method**

## **Office hours**

To make an appointment, please contact the lecturers:  
selena.russo@unimib.it  
Office: U38, villa Serena (Monza), room number 5.27, V floor

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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