

# Interpersonal & Group Dynamics:

*an Experiential Workshop for Everyday Leaders*

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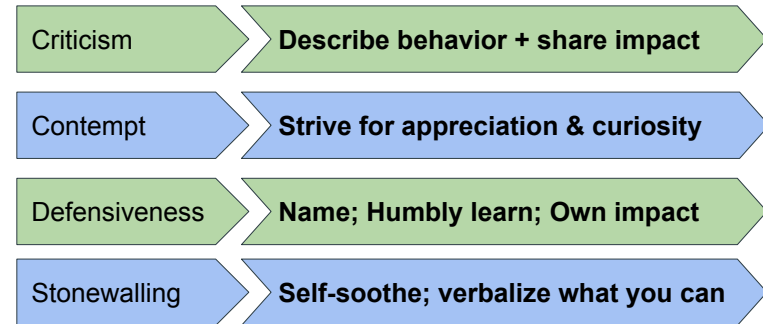
## Gottman's Four Horsemen: Reflection

- Criticism** Which of these do you *more commonly* exhibit?  
**How does this cost you or those around you?**
- Contempt** What vulnerable feeling(s) could be driving this behavior in you?
- Defensiveness** What new behavior(s) would you like to try today if those feelings come up?  
**\*Including simply naming it and asking for help**
- Stonewalling** How might this relate to your existing learning goals?

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## Gottman's Four Horsemen & Antidotes



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## Debrief



What contributed to emerging Psychological Safety for you?

How could you take that to other groups/teams you're in?

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## Transitioning After the Weekend

Drive carefully

Take care of yourself

Appreciate those who supported from behind

Share 1-2 key takeaways

Celebrate progress and ... be patient

May feel a “dip” (don’t worry)

Reach out for support

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***“The more you go to the edge of your  
limits, the more your limits expand.”***

- Robin Sharma

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Special thanks to Andrea Corney, GSB Interpersonal Dynamics lecturer, for the inspiring quote

## Honorable Closure

1. What you need to say to the group or an individual to feel complete
2. One thing you are leaving behind
3. One thing you are taking away

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Feedback surveys will be sent this week.

We are **most grateful for** -- *and depend upon* -- your responses to the survey. Please take a few minutes to let us know about your experiences!

And ... we’d love to hear how you’re applying the learnings going forward!

**~ Thank you ~**

Jana and Henry for T-groups for Leaders

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