The Interpersonal Effectiveness workshop focuses on identifying ways to foster healthy relationships via self-monitoring, effective communication, and conflict resolution skills. The three-session virtual workshop is divided into content that builds upon itself.

If interested in joining this workshop, you may fill out the interest form using the QR Code above. Students must be logged in with their @gwu.edu email to access the form or call CAPS for consultation between 12pm-4 PM at 202-994-5300. Pre-registration is required and students MUST commit to attending all three consecutive sessions to register.