

## Fostering Positive Collaboration

### Land acknowledgment

McGill is located on the unceded Indigenous lands of the Kanien'kehá:ka Nation, known as Tiohtià:ke/Montreal. The Kanien'kehá:ka, are one of the nations that make up the Haudenosaunee Confederacy on Turtle Island/North America. Our goal is to promote learning and generate allyship with local Indigenous communities, by honouring and respecting the many nations removed from, as well as those still connected to this land. Throughout the workshop we encourage you to consider how positive collaboration facilitates new ways of understanding and approaching the world. If a land acknowledgment is new to you, we encourage you to learn more through resources like [Native Land](#), McGill Indigenous Initiatives' [The Land and Peoples](#), and [Indigenous Education Resources](#).

### Session description and outcomes

This one-hour workshop will introduce you to some of the skills that are essential for success in any career. In particular, you will learn about effective workplace productivity techniques, strategies for working collaboratively and individually, and tips to improve and apply your professional skillset.

By the end of this session you will have had the chance to:

- Understand the importance of interpersonal skills for fostering positive collaboration
- Recognize the importance of emotional intelligence for leadership endeavors
- Identify strategies for effectively managing time and completing projects

### Working definitions

**Emotional intelligence** is the "accurate appraisal and expression of emotions in oneself and others and the regulation of emotion in a way that enhances living" (Mayer, DiPaolo, & Salovey, 1990, p. 772).

**Self-awareness** is "the process of getting to know yourself from the inside out and the outside in" (Bradberry & Greaves, 92).

**Self-regulation** is "your ability to use awareness of your emotions to actively choose what you say and do" (Bradberry & Greaves, 97).

**Social awareness** consists of one's own subjective emotional responses as well as the information conveyed by the emotional responses of others.

### Activities

This workshop will involve networking opportunities, small group discussions, and polling (shared via QR code).

Before attending the session, consider reflecting on the interpersonal skills you would like to strengthen in your life.

### Your next steps

Following the session, reflect on the following questions:

- What strategies will you implement to develop your personal and social EQ competencies?
- Which interpersonal skills would you like to improve and how will you track your progress?

