

ADVANCED INTERPERSONAL SKILLS TRAINING



GENTEX[®]
TRAINING CENTER



Introduction

Strong working relationships form the backbone of every productive workplace. The Advanced Interpersonal Skills Training Course helps professionals build rapport, collaborate effectively, and navigate workplace dynamics with confidence. Furthermore, this program strengthens networking ability, trust-building, and team collaboration, giving participants practical tools to work smoothly across departments and personality types. As a result, learners create stronger professional networks and contribute more effectively to team success. This Training Course covers rapport-building techniques, the Johari Window model, networking strategies, and collaborative problem-solving methods. In addition, participants practice real workplace scenarios that sharpen their ability to build trust and influence outcomes. By the end of the program, professionals gain a practical toolkit for building lasting, productive relationships at every level of the organization.

Advanced Interpersonal Skills Training Course Objectives

- Build rapport quickly using proven relationship-building techniques
- Apply the Johari Window model to strengthen self-disclosure and trust
- Develop networking strategies for building professional connections
- Strengthen collaboration skills across diverse teams and departments
- Apply trust-building behaviors to strengthen workplace relationships
- Navigate workplace politics and differing personality styles effectively
- Use collaborative problem-solving methods to resolve team friction
- Build stronger cross-functional partnerships through shared goals
- Apply active engagement techniques to strengthen team cohesion
- Manage professional boundaries while building genuine connections



Course Methodology

- Interactive lectures on interpersonal relationship-building models
- Group activities applying the Johari Window and trust-building exercises
- Networking simulations practicing professional connection-building
- Role-play scenarios addressing workplace friction and collaboration
- Team-based problem-solving workshops
- Continuous peer feedback throughout the sessions

Who Should Take This Course

- Team members working across cross-functional projects
- Professionals seeking to expand their professional networks
- Employees transitioning into collaborative or team-lead roles
- Customer-facing staff building long-term client relationships
- Human resources and organizational development professionals
- Anyone wanting to strengthen workplace relationships

Advanced Interpersonal Skills Training Course Outlines

Day 1: Foundations of Interpersonal Effectiveness

- Explore the elements of strong interpersonal relationships
- Introduce the Johari Window model of self-disclosure
- Assess personal interpersonal strengths and blind spots
- Distinguish between transactional and relational interactions
- Review examples of effective workplace relationship-building

LEARN BOLD. LEAD BEYOND

GENTEX Training Center LLC | Orlando - FL, USA
Info@gentextraining.com



- Identify barriers to building trust with colleagues
- Set personal interpersonal development goals

Day 2: Building Rapport and Trust

- Apply proven techniques to build rapport quickly
- Practice mirroring and matching in professional conversations
- Strengthen trust-building behaviors in daily interactions
- Recognize signals of trust and discomfort in others
- Build consistency and reliability as trust foundations
- Practice authentic self-disclosure within professional limits
- Repair trust after misunderstandings or setbacks

Day 3: Networking and Professional Relationship-Building

- Develop networking strategies for building professional connections
- Practice introducing yourself and initiating conversations confidently
- Build long-term relationships beyond immediate transactions
- Apply follow-up strategies to sustain professional connections
- Navigate networking events and professional gatherings
- Build mutually beneficial professional partnerships
- Maintain an active professional relationship network

Day 4: Collaboration and Navigating Workplace Dynamics



LEARN BOLD. LEAD BEYOND

GENTEX Training Center LLC | Orlando - FL, USA
Info@gentextraining.com



- Strengthen collaboration skills across diverse teams
- Apply collaborative problem-solving methods to resolve friction
- Navigate differing personality styles and working preferences
- Address workplace politics with professionalism and tact
- Build cross-functional partnerships through shared goals
- Practice giving support during team disagreements
- Strengthen team cohesion through active engagement

Day 5: Sustaining Professional Relationships

- Manage professional boundaries while building genuine connections
- Apply relationship maintenance strategies over the long term
- Practice handling difficult interpersonal situations with composure
- Strengthen influence through consistent, trustworthy behavior
- Apply course techniques to a real workplace relationship scenario
- Present a personal interpersonal development action plan
- Conduct final course review and open discussion

Conclusion

By successfully completing Advanced Interpersonal Skills Training, participants will gain practical techniques in rapport-building, trust development, networking, and collaborative problem-solving. Furthermore, they will acquire the ability to navigate workplace dynamics and build lasting professional relationships across teams and departments. As a result, graduates return to their workplaces equipped to strengthen collaboration and build stronger professional networks. Gentex Training Center designed this Training Course to help professionals build genuine, lasting workplace connections.





FAQs

Q1 What is the "Advanced Interpersonal Skills Training" course about?

This course focuses on building strong professional relationships through rapport-building, trust development, and effective collaboration. It covers networking strategies, workplace dynamics, and techniques for connecting with colleagues across teams.

Q2 What are the key benefits of the "Advanced Interpersonal Skills Training" course?

Participants build stronger professional networks, improve team collaboration, and navigate workplace relationships with greater confidence. Additionally, they strengthen trust with colleagues, which leads to smoother cross-functional cooperation and stronger long-term partnerships.

Q3 What skills will I gain from the "Advanced Interpersonal Skills Training" course?

Participants gain skills in rapport-building, trust development, networking, and collaborative problem-solving. These four core competencies help professionals build stronger connections and work effectively across diverse teams.



Q4 What tools, methods, or standards are covered in the "Advanced Interpersonal Skills Training" course?

The course covers the Johari Window model of self-disclosure, rapport-building and mirroring techniques, structured networking strategies, and collaborative problem-solving methods for resolving team friction.

Q5 How is the "Advanced Interpersonal Skills Training" course applied in real-world practice?

Professionals apply these techniques by building trust with new colleagues, expanding their professional networks, and resolving team friction collaboratively. Consequently, workplaces experience stronger cross-functional cooperation and more resilient professional relationships.