DEPARTMENT OF EDUCATION OF THE CITY OF NEW YORK

**THE COBBLE HILL SCHOOL OF AMERICAN STUDIES**

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**P.T.A Meeting Agenda**

**January 27, 2020**

**11 a.m.**

* **Welcome- Principal Mulè**
* **Interpersonal Effectiveness Workshop- Ms. Polanco, Wediko**

**This workshop is a continuation of the last. Interpersonal Effectiveness refers to the ability to interact with others. It includes skills we use to:**

1. **Attend to**[**relationships**](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpositivepsychology.com%2Femotion-focused-therapy%2F&data=04%7C01%7CWSheffield%40schools.nyc.gov%7Cf28be807cabb494c7afe08d8c17135e2%7C18492cb7ef45456185710c42e5f7ac07%7C0%7C0%7C637472039263751116%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=yKoFB4b0%2BV51%2BT0TK2BQBCzptQC4YpPuMmAe0YQlc9w%3D&reserved=0)
2. **Balance priorities versus demands**
3. **Balance the “wants” and the “shoulds”**
4. **Build a sense of mastery and self-respect**