

Schedule Sneak Peek

Majors

Acquisitions - Business and Getting what you want

Embodied Communication - Appearance and Physical Communication

Feelinguistics - Talking through or about emotions

Interconnectivity - Building connections between people

People Theory - Understanding how other people work

Social Games - Gamifying social skills to practice in smaller pieces

Theoretical Communication - Understanding communication as its own system

Classes

Assertiveness 101 Host: Sammy

People often have agency and assertiveness trained out of them from a young age; this turns people into people-pleasers who automatically say "yes" to anyone who makes eye contact and asks for something, and who aren't in touch with their desires (much less in the habit of acting upon them). We'll talk a bit about how and why this happens, and then practice asking for things and saying no to things. Putting up boundaries well is doing a favor for people who don't want to hurt you.

Transmitting and Receiving Body Language Host: Sammy

There's so much more information in a conversation than a transcript of the spoken words can convey; in particular, body language is a super useful tool for figuring out whether somebody wants to talk to you. Being able to robustly read other people's body language can stop you from making some rather unfortunate mistakes. We'll also practice being transparent with your own body language.

Be more robust to your autism Host: Sammy

The world is often broken and inefficient. People like us often look at that, and say "I could do better". It's an admirable character trait. And yet, the world is often much

more complicated than it seems on first gloss, and it turns out a lot of things ~autistic people disregard out of apparent uselessness were, actually, load-bearing. I'll go over some examples, but really this is aimed at helping you realize the pattern behind your future mistakes faster.

Communication Theory - Modelling Interactions as a System Host: David Yu

How does communication work between two humans? What is it to have a "conversation" in the abstract? How can we understand the steps from conception of message to reception of message? Where and how can these steps go wrong? We will cover a general model of communication and explore its theoretical limits and practically diagnosing one's own communication experiences.

Stories of Failures (and/or Triumphs) Host: David Yu

Why do we even wish to become socially competent in the first place? Many of us have probably attempted to improve ourselves, likely with some stories of failures. What happened? How did it feel? We'll be sharing these stories in small groups. It can help to practically understand why we sometimes fail (even often with the best of intentions) and emotionally connect with how we are all doing our best to make human relating a bit more worth it.

DMing for Friends and Fortune Host: Pranab

I've made a lot of friends from twitter, and a couple of those turned into jobs. I'm going to share how posting can lead to that, and some of the underdiscussed pitfalls of having the potential for more good friends than you can keep up with and the downsides of pursuing your passions.

How to Make Learning Social Skills Less Painful Host: NerdsQuest

A discussion of the psychology of learning social skills and how you can make the process less painful. First will be a discussion of the power of identity and how it can be used to your advantage. Next, we will go through the concept of progressive desensitization, which is a powerful tool that can be used to overcome fears, learn social skills, or take on any other intimidating challenge.

Hard Conversations Host: Cat

Learn how to deal with conflict, work around thorny catches, and steer the conversation to a collaborative state, in order to strengthen the relationship.

Find Your Life Partner Host: Christine Peterson

Many of us would like a life partner but have not yet achieved this goal. This talk/workshop will review typical mistakes vs. improved strategies. The assumption here is that there's a partner for everyone, but some of us need to do more work to find that person. The primary focus will be on straight monoamory, with other topics covered if time permits. It turns out that there are strong 'sexual dimorphisms' in human mate-finding that our current culture is ignoring, and the process works much better once these are understood.

Mastering the Game of Allyship Host: Wendell

"Making Allyship Fun through Gamification" encapsulates the heart of our workshop, designed for those navigating feelings of guilt and shame around allyship. This unique program leverages playful, systemic methods to enhance your social skills and contribute meaningfully to your communities. By integrating gamified learning with practical tools rooted in integral theory, you'll learn to navigate social nuances and foster inclusivity effortlessly.

The "No-Lympics": Desiring, Asking, and Embracing "No" Host: Mel and Rishi

Tired of being scared of rejection? In this workshop, we'll wiggle with desire, practice asking for the moon, and learn how to love each other's "nos." With a series of 1:1 exercises, we'll dance with the discomfort of rejection and learn how to turn asking into an adventure.

Failure Modes in Interpersonal Conflict Host: Taco

In this seminar we'll explore how fights get out of hand. Disagreements are inevitable in close relationships, but don't have to lead to major, traumatizing outbursts—they can often be productive! By exploring common failure modes in conflict, we'll learn how to better communicate with people we care about.

Flirting Workshop Host: Ms G

Hi! I'm Ms. G, and instead of writing in the third person, I'll keep it real. I love people. I love flirting and connecting. There's something magical about making someone feel seen, special, and desired, watching them relax and open up. That moment when they say, "I've never shared like this before" with a giggle—it's pure magic. For me, flirting is about creating space where people feel truly witnessed. It's a gift to help others bloom in their authenticity. If you're into creating that kind of connection intentionally, I'm your girl. Why not embrace it? It feels amazing.