

UAB Summer School Return Report

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1. Introduction & Motivation

I am an undergraduate student majoring in Life Sciences at the University of Seoul. Driven by a mission to contribute to human health through life sciences, I am currently leading a startup team which provides a type-diagnosis-based habit-forming diet solution.

As a representative of a startup team, I strongly believe that learning how to communicate effectively with team members, delegate tasks properly, and negotiate in a global business environment is essential. This UAB summer school program, specifically the '**Leadership and Negotiation**' course, offered the perfect opportunity to learn the practical frameworks of organizational conflict management, effective communication, and team building, which is why I did not hesitate to apply.



2. Team Building & Adaptation

During the class, we formed a five-member group and built our foundation by discussing our individual dreams, team rules, and how we could support one another to create a comfortable environment. Through our team exercises, we defined our team's energy as chill and soft, visualized our color as light blue, and used the metaphor of an Oculus cloud to represent how we are organically connected. Within the team, I took on the roles of Resource Investigator and Listener . I regularly researched the information we discussed to ensure our work was accurate, and I carefully considered each perspective before offering my objective feedback .

Initially, I struggled significantly with a language barrier, feeling isolated because I could not immediately find the right words to express my thoughts or grasp what the native speakers were saying. This experience perfectly illustrated the concept of being "Below the line," as being in a new environment and speaking a new language puts people in a mindset of fear . When below the line, you feel a heavy chest and get nervous about opening up . However, surrounding yourself with a safe community creates an environment where you can open up and not care if you fail . Thanks to the supportive environment created by my team, I was able to shift back "Above the line," utilizing AI tools to help analyze team members' emotional roles and gradually taking a more proactive part in the class.



3. Key Learnings from the Course

During the course, I applied the delegation framework to my startup's real-life scenario, planning how to delegate an IR presentation to my team member while I am abroad. We also learned to address relationship toxins—such as Blaming, Stonewalling, Contempt, and Defensiveness—using assertive communication, which involves trying to understand the other person's perspective in a calm way without attacking them. Furthermore, we analyzed leadership power types, recognizing that while Expert Power helps team members grow and keeps the team dynamic intact, Coercive Power might be the only realistic option for uncooperative members who sincerely do not want to learn.

In conflict management, a case study on schedule changes taught us that establishing trust through written contracts and setting active listening as a standard can turn conflicts into opportunities for creative solutions, such as launching a voluntary test group.

Finally, for our team project, we presented Dale Carnegie's *How to Win Friends and Influence People*, emphasizing that genuine curiosity and active listening are the foundation of building meaningful relationships. To demonstrate this, we designed a "Friends Bingo" game focused entirely on others' interests, and the rule requiring players to write down each classmate's actual name effectively put Carnegie's principles into practice.



4. Additional Learnings in Barcelona

Beyond the classroom, I took the time to explore the architectural aesthetics of Antoni Gaudí, which I had wanted to learn about for a long time. Touring the majestic exterior of the Sagrada Familia, which was recently technically completed, as well as visiting Casa Milà, Palau Güell, and Park Güell with my school friends, allowed me to deeply appreciate Gaudí's great aesthetics. Experiencing his work firsthand, I realized that nature-friendly architecture and harmonious cityscapes can provide people with a profound sense of psychological stability.



On the last day of class, we gathered for a snack party and a final farewell ceremony. This event provided a wonderful opportunity to fully communicate with classmates I had not interacted with much during regular class hours. Through this food exchange, I was not only able to learn about the cultures of different countries but also make lasting international friends with whom I plan to keep in touch even after returning to Korea.

5. Conclusion & Reflection

The UAB summer school program was much more than a language or academic course; it was a profound journey in developing emotional intelligence and relationship management skills. Although I initially struggled with the language barrier and fell "below the line," the non-judgmental and supportive environment created by my teammates helped me regain my confidence and step out of my comfort zone.

Beyond the classroom, the city of Barcelona itself became a vast, living classroom. Exploring the vibrant streets, sharing tapas and endless laughter under the Mediterranean sun, and marveling at the breathtaking architecture with friends from all over the world allowed me to build unforgettable memories. These experiences taught me that true global leadership is not just about mastering business frameworks, but also about embracing diverse cultures and forming genuine human connections.

Ultimately, the practical lessons on negotiation, assertive communication, and delegation, intertwined with the deep friendships and cultural inspirations I gained in Barcelona, have profoundly shaped my perspective. This transformative summer will forever remain a cherished chapter of my life, serving as a powerful compass as I continue to grow as a founder and lead my startup, 'BY-ET', in the global market.

