

5x2 hour sessions to help you to become more assertive

Assertiveness can be defined as “standing up for your personal rights - expressing thoughts, feelings and beliefs in a direct, honest and appropriate way”.



Assertiveness

People who do not assert themselves often fail to get what they are entitled to, and tend to have low self-esteem and confidence. They may go over a situation in their mind over and over again thinking, "Why didn't I say that?" or "If only I'd have done this". This often leads to feelings of blame, depression and anxiety.



Assertiveness is an important communication skill which can reduce your levels of depression and anxiety and improve your self-esteem.

option

0300 123 0907 **2**



The key areas this programme focuses on are:

- What assertiveness is and why it is important?
- Body language.
- Expressing feelings clearly and concisely.
- Giving constructive criticism and handling criticism.
- The difference between assertive, passive and aggressive communication.
- Understanding respect and how it impacts upon assertive communication.

This programme will help you to:

- Say "yes" when you want to, and say "no" without feeling guilty.
- Decide on clear boundaries; be confident to defend your position.
- Ask for what you want.
- Express your feelings and opinions.
- Have control over your anger by talking about it in a rational manner.
- Be able to compromise with others.
- Be able to give and receive constructive criticism.
- Have a more realistic, optimistic outlook.
- Increase awareness of your personal rights.

This programme is particularly valuable if you are caught in a pattern of being passive; whether it be at work, at home or in your personal relationships.

With a little practice, most people can learn how to become more assertive. On this programme you will meet others with the same goals, so you can learn from each other's experiences and encourage each other to develop assertiveness skills.



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