

## **Communicating Assertively**

This workshop is designed for anyone who needs to be more assertive, those who want to start being assertive and others who are assertive but individuals or situations cause them a problem. The workshop is suitable for situations where assertion is needed, both at home and at work.

### Workshop Content:

- What is assertive behaviour
- How to recognise Assertive, Aggressive and Passive behaviour in yourself and others
- Exploring an Assertive behaviour model
- Practical Application of model
- Saying No! in an assertive way
- Asking for what you want
- Understanding and applying the correct non-verbal signals of assertive behaviour

Workshop duration: 1 day