

011 Learning to be Assertive

3 hours a week for 8 weeks For: ALL

What we will do in the sessions:

- Understand what assertiveness is and isn't
- Learn when to be assertive & practise assertive skills
- Explore your blocks to being assertive & how to overcome them
- Practice looking at situations from other people's point of view
- Use body language to support assertiveness

Key skills you will learn:

- To express and managing feelings in a positive way
- To give criticism constructively and respectfully
- To accept criticism in a helpful way
- How to prepare to be assertive in specific situations