



Assertiveness Workshop

For Better,
Stronger *YOU*






BENEFITS OF BEING ASSERTIVE
IN PERSONAL AND
PROFESSIONAL LIFE:



Feel	Feel more confident in both personal and professional situations;
Gain	Gain self-respect & respect from others;
Feel	Feel 'heard', 'respected' and 'appreciated';
Gain	Gain success in personal & professional life, because you STAND UP FOR YOURSELF AND FOR WHAT YOU BELIEVE IN.

ASSERTIVENESS
IS A VERY
IMPORTANT LIFE
SKILL THAT CAN
BE RE-LEARNED.





**I SAY 'RE-LEARN',
BECAUSE WE ARE ALL
BORN ASSERTIVE.**

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THINK ABOUT A BABY:

BABIES CRY WHEN THEY WANT SOMETHING.

TODDLERS' FAVORITE WORD IS A 'NO'.

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BUT AS WE GROW UP, WE MAY BE SURROUNDED BY

- **CRITICAL, OR**
- **AGGRESSIVE PEOPLE**

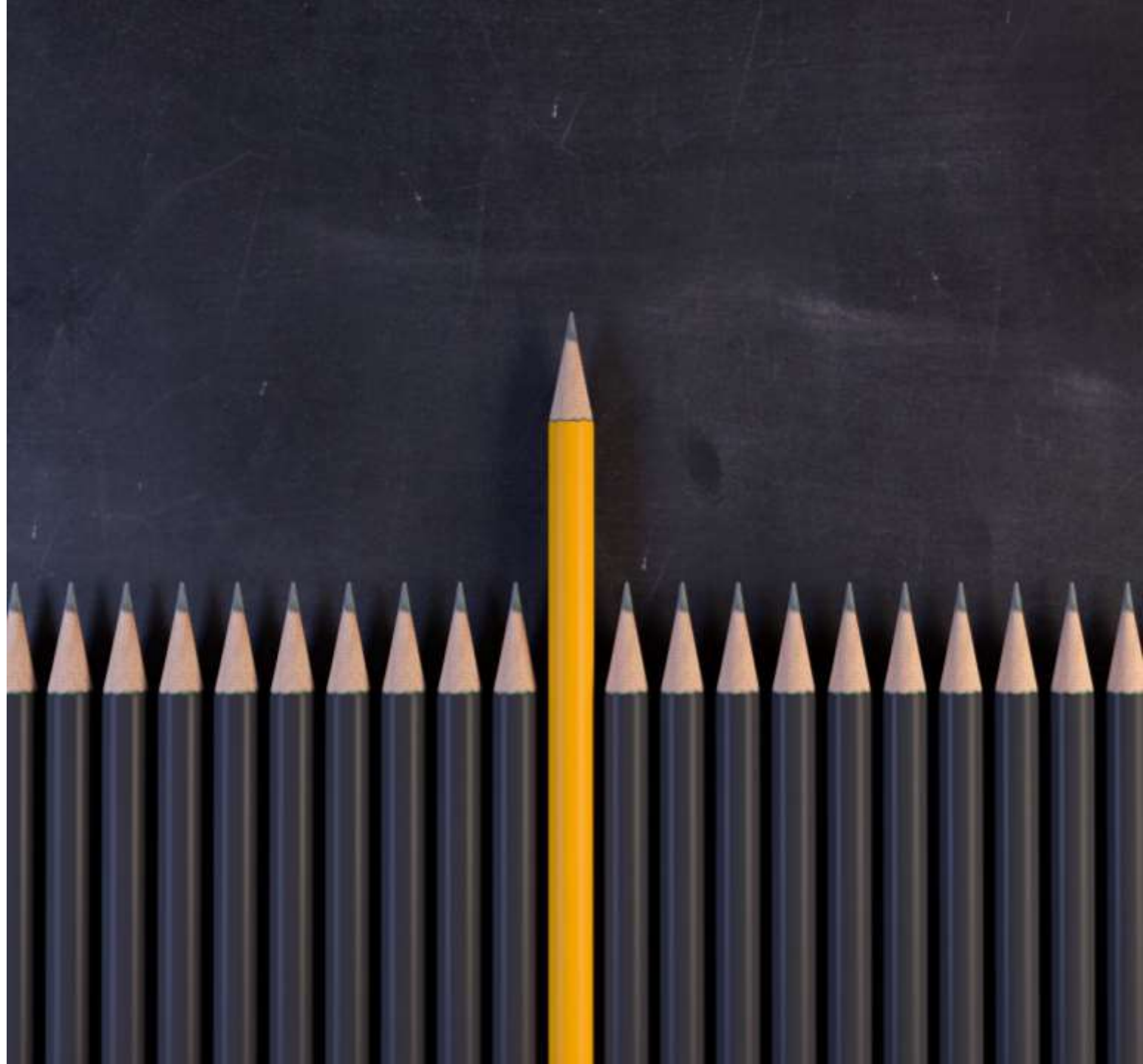
THAT TEACH US IT'S BEST TO RESPOND IN A 'PASSIVE' MANNER (OR 'AGGRESSIVE')





AND THAT'S WHY WE
NEED TO **'RE-LEARN'**
HOW TO BE
ASSERTIVE

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ASSERTIVENESS IS BASED ON PRINCIPLES AND RIGHTS. THEY INCLUDE:

- **THE RIGHT TO OUR OWN VALUES, BELIEFS, OPINIONS AND EMOTIONS**
- **THE RIGHT TO TELL OTHERS HOW WE WISH TO BE TREATED**
- **THE RIGHT TO EXPRESS OURSELVES**
- **THE RIGHT TO ASK FOR INFORMATION OR HELP**
- **THE RIGHT TO CHANGE OUR MINDS**
- **THE RIGHT TO LIKE OURSELVES EVEN THOUGH WE AREN'T PERFECT .**



THIS MEANS:

RESPECTING THE VALUES, BELIEFS, OPINIONS
AND EMOTIONS OF OTHERS
TREATING OTHERS AS THEY WISH TO BE
TREATED;

LISTENING TO AND SEEKING TO UNDERSTAND
OTHERS;

RESPONDING POSITIVELY TO REQUESTS FOR
INFORMATION OR HELP;

ALLOWING PEOPLE THE TIME AND SPACE TO
CHANGE THEIR MINDS;

NOT THINKING AND FEELING LESS OF OTHERS
BECAUSE OF THEIR 'IMPERFECTIONS'



Key Differences In Communication Styles:

- Passive Behaviour: Is afraid to speak up
 - Aggressive Behaviour: Interrupts and 'talks over' others
 - Assertive Behaviour: Speaks openly
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- Passive Behaviour: Speaks softly
 - Aggressive Behaviour: Speaks loudly
 - Assertive Behaviour: Uses a conversational tone
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- Passive Behaviour: Avoids looking at people
 - Aggressive Behaviour: Glares and stares at others
 - Assertive Behaviour: Makes good eye contact

Key Differences In Communication Styles:



- Passive Behaviour: Shows little or no expression
 - Aggressive Behaviour: Intimidates others with expressions and gestures
 - Assertive Behaviour: Shows expressions that match the message
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- Passive Behaviour: Slouches and withdraws
 - Aggressive Behaviour: Stands rigidly, crosses arms, invades others' personal space
 - Assertive Behaviour: Relaxes and adopts an open posture and expressions
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- Passive Behaviour: Isolates self from groups
 - Aggressive Behaviour: Controls groups in own interest
 - Assertive Behaviour: Participates in groups
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- Passive Behaviour: Agrees with others, despite own feelings
 - Aggressive Behaviour: Only considers own feelings, and/or demands of others
 - Assertive Behaviour: Speaks to the point




GAIN INVALUABLE
ASSERTIVENESS
SKILLS WITH MY

***ASSERTIVENESS
WORKSHOP***



DURING YOUR POWERFUL, 3-HOUR-LONG
ASSERTIVENESS TRAINING PROGRAM,
YOU WILL LEARN :

**What is Assertiveness- Detailed
Introduction & Psycho-Education;**



**How to RECOGNISE assertive
behaviour in yourself & others;**



How to THINK more assertively;



How to say 'NO' assertively;

How to deal with CRITICISM assertively;

How to deal with DISAPPOINTMENT assertively;

How to GIVE AND RECEIVE COMPLIMENTS assertively;

How to REDUCE PHYSICAL TENSION.



Cost: £250 ALL INCLUSIVE



Face-To-Face, Live Workshop,
Delivered over 3 hours



Blueprint of all the materials used



Option to have your workshop
**FULLY RECORDED AND UPLOADED
TO SPECIFIED DESTINATION**

BOOK YOUR WORKSHOP AT:

**[HTTPS://ANXIETYCOURSE.COM/
ASSERTIVENESS-WORKSHOP/](https://anxietycourse.com/assertiveness-workshop/)**



ANXIETY CURSE



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