

Express Yourself Assertively

Asserting yourself effectively gives you the edge in improving your relationships with family, friends, neighbours and work colleagues. It helps to get your needs met whilst respecting the needs of others.

This session looks at:

- Differences between submissive, aggressive and assertive behaviours
- Identifying how these impact on conflict
- How assertive attitude/ behaviours help conflict resolution
- Using the assertive 'I Statement' to aid communication
- Standing up for ourselves in a positive manner

Where:	Online - Zoom
When:	Monday 22 November 2021
Time:	6.30pm - 9.00pm AWST
Cost:	\$30 per person

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

Bookings are required. Please phone (08) 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au