

Express Yourself Assertively

West Leederville

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

When: Wednesday 31 August 2022

Time: 6.30pm - 9.00pm

Where: WEST LEEDERVILLE - Level 1, 22 Southport St

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 or visit our website to enrol.