

Express Yourself Assertively

Bunbury



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: Tuesday 21 October 2025

Time: 6.00pm – 8.30pm

Where: South West Women's Health & Information Centre
South Bunbury – access via Plaza Street

Cost: \$30 per person, \$15 concession



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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