

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

This course is a good introduction to the six-week Communicate Effectively course.

Where: ONLINE - Zoom session

When: Wednesday 5 May 2021

OR

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Tuesday 22 June 2021

Time: 6.30pm - 9.00pm AWST

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol

Please note **Online** sessions are interactive and to attend the minimum requirement will be a Computer/Laptop/Tablet with active webcam and microphone.

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