

ASSERTIVENESS COURSE

Would you like to get your point across in a respectful but firm way?
Would it be useful to increase your assertiveness skills at work? Or
become more comfortable in social situations?

This five-week course is facilitated by a qualified and experienced counsellor and run with a maximum of 8 participants.

You can learn and practice assertiveness skills in the safety of a group environment where group members have agreed to keep things discussed confidential and be non-judgemental to each other.

At the end of the course you should be able to:



- recognise your needs
- learn to value yourself
- ask for what you want
- enjoy your successes

Venue: Bucks Mind, High Wycombe

Cost: £75

Duration: 5 sessions, 3-hours each session

**For more information on our next assertiveness course,
please contact 01494 646 704 or
groups@nicolcounselling.com.**