

ASSERTIVENESS WORKSHOP



Participants	18yrs upwards from all walks of life
Venue:	Gerrards Cross or High Wycombe
Duration:	3hrs
Course fee:	£30 per person

BEING ASSERTIVE IS A SKILL THAT CAN BE LEARNT!

This introductory workshop is particularly useful to those who feel anxious or aggressive in social and work place situations. It offers an insight into assertiveness and how to increase assertiveness skills.

Non-assertive communication such as aggression brings up defensive reactions in others meaning they will stop listening. If you are being passive, saying "No" can be very difficult even if you really don't want to do something. In both cases you won't be heard and others are unable to understand what you need.

Being able to communicate assertively means that we can respectfully inform others about how we want to be treated.

To book a space on the next workshop visit Therapy Workshops at www.nicolcounselling.com and complete an application form. Alternatively, contact group facilitator Daniela Nicol at courses@nicolcounselling.com or 01494 646704.