

Being Assertive is a Skill that can be learnt!



Yes, you heard right. **Assertiveness** is not something you have to be born with - we can all learn it.

This course offers participants things to know about assertiveness and how to increase it. It provides a safe space to practise assertiveness skills within a closed group.

And the safety of the group will be supported by our agreement to be non-judgemental to each other. Agreeing to this beforehand can be particularly useful to those who feel anxious in social and work place situations.

Self-confidence plays an important role in being assertive and you'll have the opportunity to give it some thought. There will be time and space for those who wish to share feelings and experience them with a group that doesn't judge.



Brief **Mindfulness** relaxation techniques form part of each session. Used regularly, these exercises can be effective in keeping anxiety at a manageable level. Lower anxiety levels free us up to remain focussed and communicating assertively becomes easier.

Venue and duration

Bucks Mind in High Wycombe (opposite Lidl's car park entrance).
Three-hour sessions delivered over five weeks.

Course fees

Fees for this five-week course are £125, incl. handouts.

If you would like an application form to book a space, please get in touch by email courses@nicolcounselling.com or phone on 01494 646704.

Course delivery



The course is delivered by Daniela Nicol, a qualified and experienced counsellor. Alongside her private counselling practice, she runs regular anxiety and assertiveness courses as well as self-confidence workshops. Daniela is a Registered Member of the British Association for Counselling & Psychotherapy (BACP). For more information visit www.nicolcounselling.com.

