

# Assertiveness

**Aim** To help participants develop assertive thinking patterns, skills and behaviours

**Objectives** By the end of this workshop, participants will be able to:

1. Describe what twenty-first century assertiveness looks and sounds like
2. Explain what can cause us to adopt non-assertive behaviours
3. Describe seven assertiveness techniques
4. Handle challenging encounters more effectively without experiencing guilt or anxiety
5. Demonstrate the learning gained by handling simulated scenarios
6. Produce a personal action plan based on the insights they have gained over the day

## Format

The morning provides participants with the knowledge required to be assertive, the afternoon involves skills practice to help them develop their skills in a supportive environment

## Overview

- How twenty-first century assertiveness compares to a range of alternative behaviours
- An exploration of when assertiveness is valuable, and why
- Overcoming the guilt or anxiety often experienced when there is a need to be tough, say 'No' or strongly exert authority
- Understanding the seven sources of assertiveness
- Writing assertive responses
- How to think and feel more assertive
- What being assertive looks and sounds like
- How to combine a range of assertiveness techniques
- Practice sessions and constructive peer-feedback
- Participants will finalise their personal action plans

