



Assertiveness Step by Step

A series of 5 workshops on developing assertiveness and building confidence

Are you scared of speaking in groups? Do you find it hard to put your point across?

Do you say 'yes' when you want to say 'no'?

Do you avoid conflict or become frustrated and aggressive to win an argument?

Being assertive is expressing your needs, opinions and feelings in a direct, honest and appropriate way, which respects the rights of other people. Being more assertive can help you make the most of your life, relationships and studies.

Dates of workshops:

Workshops will take place on Wednesdays from 4pm to 5.30pm at the Advice and Counselling Service.

Semester B:

Each week from 19 January to 16 February 2011

Optional 6th session 2 March 2011

The workshops will help you to learn skills in being assertive and communicating more clearly with others. Learning these skills takes commitment and practice and **you will need to be able to attend all five sessions.**

There are 12 spaces available on a first come first served basis. Workshops are free to Queen Mary students.

See our website for details about how to book a place.

www.welfare.qmul.ac.uk