

Express Yourself Assertively

A morning seminar for men and women

You may be a good communicator, but isn't there always room for improvement? Assertive people are those who respect the rights and needs of themselves and other people equally.

This one-night seminar looks at:

- the difference between submissive, aggressive and assertive behaviours
- identifying how these behaviours impact on conflict
- how assertive attitude/behaviours help conflict resolution
- using the assertive 'I Statement' to aid communication
- standing up for ourselves in a positive manner.

Where: Relationships Australia
Lotteries House, Anzac Place, Mandurah

When: Friday 9 June, 9.30am to 12 noon

Fee: \$30 per person (\$15 for concession card holders)

Places are limited so book now on 6164 0588