

ASSERTIVE COMMUNICATION SKILLS

Do you find it
difficult to say
no?



Presenter:

VIOLET DHU

An experienced social worker, trainer and graduate of the Harvard Negotiation Institute with over 15 years' experience in developing peoples interpersonal and conversation skills



A common pattern in people's communication is the lack of capacity to be assertive. Do you find it difficult to say NO? Does this result in conflict in your workplace, or relationships?

Assertive Communication will help you reduce workplace conflict, give you the skills to be able to speak up at meetings and deal with tough conversations.

Learn to communicate assertively and be comfortable with assertiveness.



Recognise

recognise the differences between assertive, passive and aggressive communication



Practice

practical strategies and techniques to communicate more effectively



Learn

your current strengths and how to be more assertive in your workplace and relationships

Monday 16th April
MADEC Community College 9am - 1pm

Register now @

<https://www.trybooking.com/368865>

**Cancellation of workshop may occur in the event of insufficient ticket sales

\$150 Investment + GST

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