

# Assertive Communication Skills: How to use assertive communication to communicate more effectively



Corporate Communication Experts

Darwin

Monday 22 October 2018

Oakes Elan Darwin

9.00 am to 4.30 pm

\$247 + GST

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

Assertive communication will help you reduce workplace conflict, assist you with the skills to speak up at meetings and deal with difficult conversations. In turn these skills will assist with strengthening your self-esteem and reducing your anxiety.

This half day workshop is designed to help people to communicate assertively and to be comfortable with assertiveness.

#### At the end of this workshop you will be able to:

- Recognise the difference between assertive, passive and aggressive communication
- Be able to recognise the barriers and myths that surround assertive communication and how they may influence your thinking and behavior
- Complete a self audit and recognise where your current strengths and weakness are when communicating with others
- Use practical strategies to communicate more assertively using different techniques
- Use practical skills to deal with criticism, both constructive and destructive.
- Learn how to be more assertive in the workplace.

*"In business you can never learn anything more important than communication"*

– Max Markson



**Date** Monday 22 October 2018

**Venue** Oakes Elan Darwin  
31-33 Woods Street  
Darwin NT 0800

**Time** 9.00 am to 4.30 pm

**Investment** \$247 + GST

**What's included** Morning tea, workbook, free newsletter

**For More Info** 0419 930 903



Corporate Communication Experts

# Assertive Communication Skills:

## How to use assertive communication to communicate more effectively

**Date** Monday 22 October 2018  
**Venue** Oakes Elan Darwin  
31-33 Woods Street  
Darwin NT 0800  
**Time** 9.00 am to 4.30 pm  
**Investment** \$247 + GST  
**What's included** Morning tea, workbook, free newsletter  
**For More Info** 0419 930 903

### Biography

Violet Dhu has over fifteen years experience in assisting people to develop their communication skills. As an experienced Social Worker and Coach she has worked with many people who are dealing with difficult situations such as bullying and harassment, having to speak up at meetings and dealing with conflict. Violet provides training and coaching in the area of effective communication specialising in assertive communication skills and difficult conversations. In her career Violet has helped hundreds of people to communicate effectively and to participate in conversations confidently.



*"Be who you are and  
say what you feel  
because those who  
mind don't matter  
and those who  
matter don't mind."*

— Dr. Seuss



**"The single biggest problem in communication is the illusion that it has taken place."**

George Bernard Shaw

**Space is Limited  
Register Today!**

REGISTRATION

Name of Participant \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Return to: Liz Wilkins at Directions Plus / Admin@youthdirections.com.au  
or Fax 02 6658 9566  
Phone: 02 66532900

On receipt of your registration, Directions Plus will issue a tax receipt for payment prior to workshop. Payment can be made by cheque or EFT bank transfer.

*Thank you for your business.*

[www.peterdhu.com.au](http://www.peterdhu.com.au)