

# Express Yourself Assertively

## Online via Zoom



Asserting yourself effectively gives you the edge in improving your relationships with family, friends, neighbours and work colleagues. It helps to get your needs met whilst respecting the needs of others.

This session looks at:

- Differences between submissive, aggressive and assertive behaviours
- Identifying how these 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

**When:** Wednesday 13 March 2024

**Time:** 6.30pm – 9.00pm

**Where:** Online via Zoom

**Cost:** \$30 per person, \$15 concession



Online sessions are interactive and have minimum requirements

For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*Relationships Australia*  
WESTERN AUSTRALIA