

# Express Yourself Assertively

## West Leederville



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:** Thursday 18 June 2026

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

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



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

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