

EMPOWER Me to be ASSERTIVE

WORKSHOP

Facilitator:	Fawn Einarson-Nielsen
Duration:	90 Minute and Half-day Workshops available
For:	Youth (Grades 9-12) Workplaces wishing to address bullying Newcomer families transitioning to Canada Adult learners Stay-at-home parents Young parents Men and women transitioning back into society from the justice system

Overview

This workshop is specifically designed to teach communication skills through increased self awareness combined with assertiveness training.

- ➔ Learn how to say no without experiencing negative thoughts and feelings such as rejection, fear, guilt, shame and anxiety.
- ➔ Learn to ask for what you want.
- ➔ Learn to say what you mean and mean what you say.
- ➔ Get the respect you deserve from others.
- ➔ Reduce stress.

Workshop Objectives: Improve communication during conflict, against negative influences and when dealing with criticism and/or bullying behaviour. Assertiveness training enhances participant's roles as parents, partners, employees and/or business owners.

Participants will learn how to assertive themselves in all aspects of their life;

- ✓ deal with unfair criticism and cope effectively with fair criticism
- ✓ refuse unreasonable requests politely
- ✓ reject impractical suggestions
- ✓ handle others manipulative/aggressive behaviours
- ✓ confront others about their undesirable behaviour without hampering the relationship
- ✓ give positive and negative feedback sincerely and appropriately
- ✓ communicate empathy when necessary
- ✓ increase self-esteem and confidence in all relationships

Workshop materials included.

