Assertive Communication Skills for Women

**Course Overview**

Do you ever feel as if no one is listening to you? Do you have a hard time communicating in meetings? Do you get talked into doing things that you don’t want to do? Do you know how to say no? Being assertive means that you express yourself effectively and stand up for your point of view, while also respecting the rights of others.

**Program objectives**

During this program, women will learn:

• the difference between being aggressive, assertive or passive

• positive, powerful communication strategies

• how to communicate with clarity and confidence

• how to handle challenging situations

• how to reduce anxiety when meeting new people

**Available Formats**

• ½ day