

Practising Assertiveness



Sorry...could you possibly maybe help me for 5 minutes if you're not too busy?

Having difficulty with any of the following?

Expressing your feelings at work or at home Saying no

Declining invitations or requests Sharing personal opinions

Expressing justified anger Asking for what you want and need

Provided within a therapeutic group setting and facilitated by integrative counsellors, this short course offers you the opportunity for developing and practising assertiveness skills which can then be used to calmly and confidently communicate your needs and feelings to others in ways that are not passive, aggressive or manipulative.

Course Duration - 7 weeks

Venue – Rainbow Room, Lifeforce, 3 East Hill Colchester CO1 2QL

Day / Time – Thursdays 7.15 – 8.45pm (14th June – 26th July inclusive)

Costs - £100.00 for course / materials / includes non-refundable deposit

Next Course starts – Thursday 14th June 2012 – subject to numbers

Facilitators – Clare Powell and Mel Skeet

***For further information or to book a place on this or a subsequent course, then please contact Clare Powell
01206 571506 / 07803 486512 / clare.powell.cpic@googlemail.com***