**‘Introduction to Assertiveness’ Training Day New Date: Fri 7 April 2017**

**Learning Objectives**

By the end of the training participants will be able:

1. to define assertive behaviour
2. to list some differences between passive, assertive and aggressive behaviour
3. to assess how assertive they are and identify some areas of difficulty
4. to make an assertive request
5. to describe what stops them being assertive
6. to develop some new ways of looking after themselves in relation to other people

**Programme**

10.00 Welcome and Introductions

10.30 What is assertiveness?

11.00 Break

11.15 Passive, assertive, aggressive behaviour

12.00 How assertive am I?

12.30 Lunch

1.00 Areas in which we would like to be more assertive

1.15 Making requests assertively

2.15 What stops us being assertive?

2.30 Making plans. Looking after ourselves

3.30 End

**Trainer**

Anne Gilbert is registered as a gestalt psychotherapist with the United Kingdom Council for Psychotherapy and an accredited senior practitioner with the British Association of Counselling and Psychotherapy. She previously worked as the manager of a Staff Care Service in a local authority where she provided counselling and training on issues to do with staff well-being.

**Venue:**

**RDA National Office, Warwick** **CV34 6LG**

lunch & refreshments are included in cost of attendance: £7

Organised by Denise Robertson, Head of Therapy

Tel: 01926 405 976

email: drobertson@rda.org.uk