



# Weston Employment Services

## Assertiveness Training

TUESDAY, MARCH 20, 2018  
10:00 AM - 12:00 PM



**WHAT IS ASSERTIVENESS? HOW CAN IT HELP YOU? COME AND JOIN US!**

### YOU WILL LEARN:

- How to say "No" without guilt
- How to become assertive and get your ideas, plans and feelings across with confidence and conviction
- Understand the differences between assertive, aggressive and passive behaviours
- Explore ways in which you can communicate effectively while maintaining positive and healthy relationships
- Increase your self-esteem
- Practice assertiveness appropriately in dealing with difficult situations
- Understanding your rights

### Guest Speaker:

**Cynthia Pichette**  
**Certified Life Skills Specialist**

### TO REGISTER:

**CALL 416.588.2240**

**OR EMAIL:**

**WESTONEMPLOYMENT@COSTI.ORG**

### Weston Employment Services

35 King St., Suite 106  
Toronto, ON M9N 3R8  
416.588.2240  
westonemployment@costi.org

### Hours:

Monday to Friday  
8:30 am - 4:30 pm



[costi.org](http://costi.org)

🐦 @COSTI\_org

