



Weston Employment Services

Assertiveness Training

TUESDAY, JULY 24, 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

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Hours:

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



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