

Course outline: Assertiveness	
Aim	To enable participants to ask for what they want without giving offence or feeling guilty
Objectives	<p>At the end of this workshop participants will be able to:</p> <ol style="list-style-type: none"> <li>1. State the difference between assertiveness and aggression</li> <li>2. Find out what prevents them from being assertive</li> <li>3. Find ways of overcoming their fear of being assertive</li> <li>4. Ask for something that they want</li> <li>5. Give feedback without giving offence</li> </ol>
Session timing	10.0.-4.0.
Course outline	<p>10.0. Introductions/Domestics/ Contract/ Expectations</p> <p>10.15. What is assertiveness</p> <p>10.45. What prevents you from being assertive?</p> <p>11.15. Break</p> <p>11.30. Ways of overcoming your fear of being assertive</p> <p>12.0. Asking for what you want</p> <p>12.45. Lunch</p> <p>1.45. Case studies on assertiveness using the 5 R's</p> <p>2. 45. Giving feedback</p> <p>3.15. Break</p> <p>3.30. Action plan on how you are going to use these skills</p>
Equipment /materials handouts required	Handouts on: