

Wellbeing: Assertiveness Workshop

Course overview

This workshop will help you increase your confidence and self-esteem by understanding the meaning of assertiveness and helping you to develop assertiveness skills.

What will I study?

You will:

- discuss what it means to you to be assertive
- reflect on your barriers to being assertive
- identify what assertiveness skills you have and which you want to develop
- practise assertiveness skills

Assessment method

Throughout the course you will receive feedback from your tutor. Your tutor will encourage you to identify and reflect on personal changes.

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7015CPT	Monday 26 April 2021	9.30am to 12.30pm	Dagenham	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722