

‘ASSERTIVE LIVING’:

FINDING THE BALANCE BETWEEN PASSIVITY AND AGGRESSION

Groups run by:

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(please see our website for information on group start dates)



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Managing interactions with others that ensures both parties feel respected, is not always easy. For example, have you ever wanted to express yourself more clearly but hesitated because you feared you might be misunderstood or at worse, rejected? Alternatively, have you ever felt trapped in a situation and believed your only option was to lash out in anger in order to be heard? Fortunately, there is a ‘middle ground’ – it is called assertiveness and provides a way of saying how you feel and asking for what you need in a way that still respects and preserves the rights of others.

‘Assertive Living’ is a six-week skills-based program designed to introduce the basics behind Assertiveness Training.

At the end of the program, participants should be able to:

- *Define and understand assertiveness*
 - *Recognise the benefits and value of assertive behaviour versus other types (i.e., passive and aggressive behaviour)*
 - *Identify potential barriers to being assertive (roadblocks)*
 - *Learn how to choose the most appropriate behaviour for the situation (context)*
 - *Integrate assertiveness techniques into daily life through the development of a number of assertiveness skills (Assertiveness Toolbox)*
 - *Learn to predict and deal effectively with the various consequences of assertive behaviour*
- **Program Cost: \$350.00**
 - Cost includes a work booklet (\$35)
 - Payment methods: Visa, Mastercard, Cash, Cheque.
 - Medicare rebates may be available with a referral from your GP

