

Develop Your Assertiveness

Being assertive is being able to express yourself with confidence so that you don't have to resort to being passive, aggressive or manipulative. By developing assertiveness and becoming aware of our own strengths and weaknesses, you can learn how best to modify your behaviour in social and business interactions. *Develop Your Assertiveness* offers simple techniques to enable you to become more assertive. Packed with examples and exercises, it is a self-help guide covering topics such as: · The importance of choice behaviour; · Tension control; · Self-awareness and self-esteem; · Relationships; · Making and refusing requests; · Dealing with problem people' · Tricky situation Simply reading *Develop Your Assertiveness* will not make you more assertive, but if you work through exercises and activities it includes, practicing face-to-face dialogue with friends, colleagues or a group, you will be able to measure your progress and reach your goal.



Auf Anfrage

Nicht mehr lieferbar

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