



Assertiveness

Tutor Name:

Kim Lee Owe

Day & Date

Wednesdays

25 April 2018

Timings

7pm - 9pm

Price:

£35

Number of Weeks

5

Target Group

all

Skills and qualifications needed:

none

Any further steps

Teaching & learning methods used:

Varied teaching and learning methods, including discussion and exercises to give theory, and embed learning. Group process encouraged to help participants support each other.

Course Details

This course aims to introduce participants to:

Consider participants' current style of communicating and what further skills they can develop

Introduce assertive communication skills

Explore different elements of communication and which suit our personality the best

Demonstrate how self talk and emotions can affect how we feel

Discuss and practice effective communication methods

How progress and success will be recorded:

Materials required for first week:

Additional Costs:



Sawston
Adult
Education

Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

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