

When: Sept. 26 – Oct. 31, 2011
(5 Sessions in Total)
Monday evenings
7 – 9 PM
(no session Oct. 10 Thanksgiving weekend)

Where: Well Woman Counselling
1418-750 W. Broadway Ave.,
Vancouver BC, V5Z-1H1 |
Tel: 604.568.6765
email: info@wellwomancounselling.com
www: wellwomancounselling.com

Cost: \$40 per session including HST
Total Cost of \$200.00

Payment is preferred in advance, however, paying as you go along is possible if preferred.

About the Therapist:

Marion Fallding has been a therapist for 25 years, working in mental health, psychiatric day therapy and private practice.

She holds a Masters in Counselling Psychology and is a member of the BC Association of Clinical Counsellors.

Marion finds that many people have trouble in this area and has observed that lack of assertiveness, whether passivity or aggressiveness, or flipping between one and the other, can be tied in with anxiety, depression and low self-esteem.

Learning and practicing some skills in a supportive environment **can make a world of difference** in feeling in control of your life, both at home and at work.

Should you be a parent, or become one, these are skills you will want to pass on to your children. It is highly likely that your children will pick up on your behaviours in this regard. If you become more assertive, your children will begin to behave more assertively too.

Assertiveness

Training

- for Life and Work

"5" Sessions

Once a Week

for a more in control

YOU !

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What is Assertiveness and What is not?

An attitude of assertiveness entails the belief that everyone has value including yourself. The behaviours involve expressing your needs, wants and feelings directly and honestly. It also involves showing respect for others.

What difference can it make in your life?

Being assertive will make you feel more in control of your life. It will improve your self-esteem. It can alleviate anxiety and depression. It will improve your relationships - guaranteed.

What Assertiveness is not.

Assertiveness gets confused with aggressiveness. Aggressiveness is pushiness or bullying. This attitude and behaviour is dismissive of the needs and rights of others. The goal is to win at any expense regardless of others.

People who behave aggressively can benefit from assertiveness training as much as those who tend toward passivity.

How do you move from passivity or aggressiveness to assertiveness?

It takes practice. This is what we will do in group. You will outline some situations where you wish to behave more assertively and we will help you role play these situations in group.

If you tend to be aggressive we will help you to stay calm and express concern for the other person as well as yourself.

Session #1

- ⇒ Introduction to each other and explanations of: assertiveness, passiveness, aggressiveness and passive-aggressiveness.
- ⇒ Discussion of personal situations in which participants wish to be more assertive.

Session #2

- ⇒ Role play by therapist of each behaviour described above.
- ⇒ Role play by therapist and group members of participant's situations.
- ⇒ Discussion of impediments to assertiveness.
- ⇒ Discussion of aspects of individual's backgrounds which may explain why it is difficult to be assertive.

Session #3

- ⇒ Group members begin role playing personal situations with assistance from therapist and other group members.
- ⇒ Determine situations you will practice in "real life" prior to next session.

Session #4

- ⇒ Group members discuss outcomes of their "real life" practice.
- ⇒ Group members continue role playing personal situations.
- ⇒ Group members determine another situation to practice in "real life" prior to the next session.

Session #5

- ⇒ Discuss homework / further practice / celebrate achievements.