

Assertiveness Workshop

wea.org.uk

This free 3 hour workshop will help you to become more assertive

Topics include:

- Recognising Aggressive, assertive and passive behaviours
- Learning strategies for saying what you mean and meaning what you say.
- Recognising the reasons for non- assertive habits.

Date: Monday 13th May

Where: Joseph Palmer Centre, 319 Walton Road, West Molesey, KT8 2QG

Time: 2-5pm

Facilitator: Femi YusooF

After gaining a pin number from the Mary Frances Trust please book your place online at www.wea.org.uk

Course reference C3744023 or phone 0300 303 3464

This course is Free of Charge and is for clients registered with the Mary Frances Trust. To book please

first contact the: Mary Frances Trust- 01372 375400, mob:07961 478625 (Micheal Powell), or email: Info@maryfrancestrust.org.uk.



Education & Skills
Funding Agency



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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