

ASSERTIVENESS & HANDLING DIFFICULT CONVERSATIONS

Do you find yourself wishing you could say what you mean? Or constantly accepting the demands of others?

This 4-week course will help you to understand what assertiveness means and how to assert yourself in a range of different personal and work-place situations.

The course explains the difference between passive, aggressive and assertive behaviours, and how to recognise and respond to them.



**Starting Monday 7 June
from 2pm- 3.30pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first. Contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing