

What's Taught In Assertive Training?

- Good body language
- Establishing personal boundaries/space
- Learning to use "I" statements
- Being direct without being rude
- How to handle difficult emotions in the moment
- How to preserve personal autonomy
- Learn how to identify manipulative communications
- Establishing self-worth
- Empathy
- Learning to be comfortable with repetition
- Being comfortable asking for more time



So What Is Assertiveness An Assertiveness Training Course

Wenbin Ji



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