

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

RM Cervero



So What Is Assertiveness An Assertiveness Training Course:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **So What Is Assertiveness An Assertiveness Training Course** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<https://archive.kdd.org/About/publication/index.jsp/susan%20and%20the%20dragons%20guest.pdf>

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