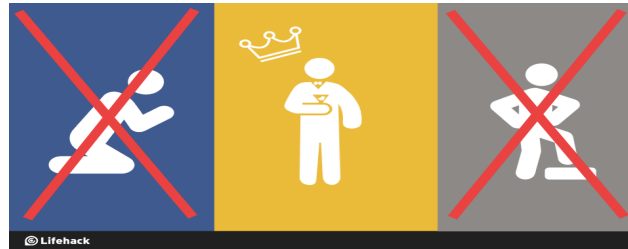


# Assertiveness Workshop

9<sup>th</sup> November, Friday - 2:00 to 3:30 [Year 7, 8 &9]



*Assertiveness is a social skill that relies heavily on effective communication, while simultaneously respecting the thoughts and wishes of others.*

As individuals, we often communicate and express ourselves in a variety of ways. We might come across to others as assertive but nice, way too nice or just plain aggressive. In stressful situations, most people react aggressively or act submissively.

Assertiveness works much better as people can communicate both positive and negative feelings clearly and honestly. They have the confidence to stand up for their rights. Being assertive can also help boost your self-esteem and earn the respect of others. This can help with stress management, especially if you tend to take on too many responsibilities because you find it hard to say no.

## *Aims*

- *Unlearning what you previously learned about thinking and acting submissively or aggressively.*
- *Role playing how to think and act assertively to handle situations where you usually are aggressive or submissive.*
- *Developing assertiveness as a **new competency** to replace what is not working for you now.*

**“WHEN YOU SAY  
‘YES’ TO OTHERS,  
MAKE SURE YOU  
ARE NOT SAYING  
‘NO’ TO YOURSELF.”**

A life skills initiative by the Student Welfare Department.

Conducted by:  
Ms. Geetanjali