

Assertive communication workshops

Are you a disabled person, or someone with a long-term condition?

Do you want to learn how to:

- be more assertive?
- give yourself the best chance of getting what you need by preparing well for meetings or assessments?
- challenge decisions?



...and would you like to:

- meet new people?
- increase your confidence?



in a relaxed and friendly atmosphere...

...then come along to our workshops!

There will be two sessions:

Assertiveness 1

10.30am – 1.30pm, **Tuesday 20 October**

Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover different ways of communicating and their effects, and you'll have a chance to think about and plan how to make a case for something you need.

Assertiveness 2

10.30am – 1.30pm, **Tuesday 10 November**

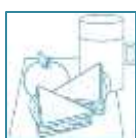
Venue to be confirmed

This workshop will give you the chance to discuss how you used what you learned in Assertiveness 1 and to take your skills further.



Please note: you **must** do Assertiveness 1 before you do this workshop.

It's great if you can come to both, but you're welcome just to do Assertiveness 1 on its own.



Lunch and refreshments will be provided, and we can organise and pay for transport if needed.



To find out more and to book, contact:
Emma Wynack at LCiL on **0131 475 2554**
or email emma.wynack@lothiancil.org.uk