**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:**

I’d like …

* 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 – 2.30pm, **Tuesday 4th October 2016**

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**

TBC

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

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 if needed we can organise and pay for transport if you live in Edinburgh or the Lothians .



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To find out more and to book, contact:

**Emma Wynack** at LCiL on **0131 475 2554**

or emailemma.wynack@lothiancil.org.uk