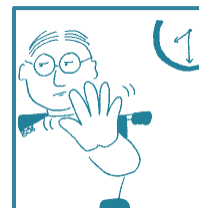


# Assertive communication workshops

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 – 2.30pm, **Wednesday 16 May 2018**

Training Suite, 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

10.30 – 2.30pm, **Wednesday 30 May 2018**

Training Suite, 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 .



To find out more and to book, contact:  
**Lisa Milburn** at LCiL on **0131 475 2554**  
or email [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)