

Assertive communication workshops

Are you a disabled person, or someone with a long-term condition?
Do you live in Edinburgh or the Lothians?

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, **Tuesday 12th February 2019**

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 27th February 2019**

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**
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