

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, **Thursday 28th February 2019**

Location – Ability Centre, Carmondean Road, Livingston.

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, **Thursday 14th March 2019**

Location – Ability Centre, Carmondean Road, Livingston.

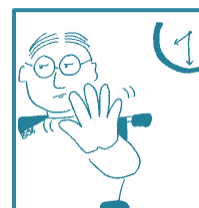
This workshop will give you the chance to discuss how you used what you learned in Assertiveness 1 and to take your skills further.

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 or register interest, contact:

Carers of West Lothian on **01506 448 000**
or email office@carers-westlothian.com

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