

Assertive Communication



Do you feel that your voice is lost when you speak to professionals? Have you ever tried asking your GP, a teacher or social worker a question and then ended up feeling frustrated because you feel you didn't get a proper answer? Or have you tried to find out about getting a service or support for the person you care for and felt you were going round in circles or being fobbed off?

Assertive communication allows you to clarify your wants and needs and stand up for yourself without receiving a negative result or response from others. It enables you to let others know your views and opinions, and what your limits and boundaries are in a positive manner. These 2 half day workshops are designed to help build communication skills and work towards achieving the outcomes required.

The workshops will explore:

- The key ingredients of effective communications, including listening, questioning, verbal and non-verbal communications
- How to apply influencing and negotiation techniques and to work towards a win-win outcome.



For more information, please contact Debbie Ovenden, Training Coordinator at Compass Disability Services on:



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