

Assertiveness Course

Date: Tuesday, September 14, 2010

Place: Pierrefonds, Quebec (West Island, north of the 40 highway)

Time: 7:30 – 9:00 p.m.

Sessions: 8 weeks, from September 14, 2010 – November 2, 2010

Fee: \$475.00 must be paid at least one week prior to the first class, or \$450.00 for early registration, by sending in your payment by August 17th

This course will cover these subjects and more:

- What is assertiveness.
- How to express yourself assertively
- How to say no without feeling guilty
- How to create boundaries without offending anyone
- How to take calculated risks without fear
- How to build your self-confidence
- Changing confrontation to compromise
- Managing anger constructively
- Communicating through body language
- Changing negative self-talk

The course will be offered in a warm, safe atmosphere where confidentiality and trust are encouraged and respected.

Feel free to call me at 514-626-4609, or e-mail me at RERabow@aol.com for any questions or to register.. This course is for a small group of people, so please don't wait too long to reserve your spot, or it may be gone..