



In just 5 weeks improve your Assertiveness & Communication Skills

with Hertfordshire Adult & Family Learning Service

- Identify & gain a good understanding of assertiveness
- Become aware of assertive thoughts & behaviour
- Understand the differences between assertive, aggressive & passive communication
- Discuss methods for improving assertiveness

Where: Leavesden JMI School

Starts: Wednesday 13th September

Time: 9.30 to 11.30 am

Cost: Free to parents

For more information or/and to book a place on the course, please contact Vicky Debono
(School-based family worker) vicky@leavesden.education or 01923 484340

A good level of spoken English is needed to complete this course

Delivered by fully qualified teachers

Contact :

Tel:

