



Submissive? **Aggressive?** *Assertive?* Nagger?

Assertiveness Workshop

Saturday Feb 14 9–noon

Greenglade Community Centre

2151 Lannon Way, Sidney, BC V8L3Z1

Phone: 250-656-7055 \$35

Few individuals think and act *Assertively* in stressful situations because of our natural tendency to fight (act aggressively) or take flight (act submissively) to protect ourselves. *Assertiveness* is much more than a middle path between these two extremes, and is different from nagging others until they comply. In this Workshop, you will learn key differences.

You will do role-plays to begin developing *Assertiveness* as a competency comprised of new knowledge/concepts, attitudes and skills. You will see how *Assertiveness* produces better results for you and for others, such as your children and work colleagues.

Instructor: Dr. William A. Gray, former UBC professor, taught more than 4,000 future teachers to identify their aggressive or submissive tendencies and to think and act *Assertively* to produce better results for everyone involved.

