

Learn more about what you can do to make a difference.....

Assertiveness take-away tips

Using Confident Body Language

Face the other person, make eye contact and use a calm steady tone of voice.

Be Respectful

Avoid yelling, using put downs or giving the silent treatment. Say “no” respectfully and clearly and fairly. Your message will be better received if you are respectful.

Compromise

It is possible to compromise sometimes whilst still respecting your own boundaries. This is a good way to soften the “no” whilst respecting the other person. Listen to the needs of the other person.

(Therapist Aid)

Plan Ahead

Think about what you want to say and how you want to say it before entering a difficult discussion.

Clips from the course



Amy Cuddy: Psychologist, Researcher and Speaker.

‘Your body language may shape who you are’

<https://www.youtube.com/watch?v=Ks-Mh1QhMc>



Howard Gardner: Developmental Psychologist and Researcher at Harvard University

‘8 Intelligences - Theory of Multiple Intelligences Explained - Dr. Howard Gardner’.

<https://www.youtube.com/watch?v=s2EdujrMOvA>

Bullet Journaling



‘My bullet journal (and how I use it to help my mental health).

<https://www.youtube.com/watch?v=VTKAKJc0xbw>

‘How to be a friend to yourself’



<https://www.youtube.com/watch?v=wFUxiljp-Nk>

‘Communication Styles- Assertive Passive Aggressive’



<https://www.youtube.com/watch?v=MMc8AP9KhEM>

Fogging



<https://www.youtube.com/watch?v=7oKjW1Oljuw>

Reading recommended by some of our students

Self-Awareness

- Self-Awareness: Getting to know the real you. By Janelle Conena. 2016
- Self-Awareness and Personal Development: Resources for psychotherapists and counsellors. By Chris Rose. 2011 Edition. Red Globe Press
- The Self-Acceptance Project: How to be kind and compassionate towards yourself in any situation. By Tami Simon. 2016. Sounds True
- Self-Acceptance. By Dr Harry Barry. 2019. Orion Spring.
- Radical Self Forgiveness: The direct path to true self-acceptance. By Colin Tipping. 2011. Sounds True.

Self Esteem

- Overcoming Low Self Esteem, 2nd Edition: A self help guide using cognitive behavioural techniques. By Dr Melanie Fennell. Robinson 2016
- Six Pillars of Self-Esteem. By Nathaniel Branden. Random House 1995