

ASSERTIVENESS NOT AGGRESSIVENESS

Audience: Individuals and groups –personal, social, business or professional

Description:

Too many people still equate “assertive” behavior with “aggressive” behavior. This workshop aims to make sure people understand the difference between the two. The definition underlying the training in this workshop is: assertive behavior is behavior that allows a person to stand up for his or her rights **without** denying others their rights as fellow human beings. *For an over view sheet click here.*

The focus is on **RESPECT**: respect for self and for other human beings with whom we interact. Passive behavior is disrespectful of self and of others because those who chose to behave passively fail to take responsibility for their own feelings, needs, wants, etc. and tend to set others up to take on those responsibilities. Aggressive behavior is disrespectful of others feelings, needs, wants –as is passive aggressive behavior; the only difference is that aggressive disrespect is overt; passive-aggressive is covert.

This workshop, via lectures, handouts, and exercises in pairs, triads or small groups, will teach the skills involved in being respectfully clear and direct with oneself and with others.

Format: (in order of recommended time allocations)

Two 5-hour (2 days) workshops

Two 3-hour (2 half days) workshops

One 5-hour (1 day)

One-hour introductory presentation