

FIND YOUR VOICE

LEARN HOW TO BE ASSERTIVE



EFFECTIVE
COMMUNICATION

Join us

Assertiveness is an empowering interpersonal skill that can help you identify and express your needs and wants confidently and honestly. Assertiveness also supports healthy relationships, aids in resolving conflict and can improve your self-esteem. In these workshops, you will learn strategies to communicate effectively and respectfully, establish boundaries and learn how to say 'no'.

What You Will learn from this workshop:

- Communication styles (passive, aggressive and assertive)
- Assertiveness skills
- Communication skills and effective listening
- Identity, boundaries and blame
- Problem solving and conflict resolution



Book now



Details

Dates: 23rd October - 20th November

Time: 9.30am -11.30am

Cost Series of 5 - \$90 Conc/\$120 General

Where: Women's Health & Wellbeing Services (Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

Contact us

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2232c Albany Highway Gosnells, WA 6110

FACILITATOR - Karli

Karli is a counsellor with a deep interest in and empathy for people. She enjoys helping her clients develop insights into their own behaviours, emotions and thoughts before working together to find strategies that help them live a calmer and more authentic way. Karli particularly enjoys working on issues around self-esteem, emotional wellbeing, assertiveness and supporting overworked mums.

When she is not buried in a book, she loves a good art gallery or museum, comedy and going to the beach.

Qualifications: Master of Counselling, Bachelor of Teaching, Bachelor of Arts