



# Assertiveness

28 Feb & 7 March

10am - 1pm via Zoom

- What is assertiveness?
- How essential is it to effective communication?
- How do you build your own assertiveness?

Delivered by Lydia Weston, who has many years experience teaching and supporting mental health, this training is aimed at UNISON members who wish to improve their confidence to communicate their feelings and thoughts in a positive way

<https://eastmidlands.unison.org.uk/education-training/>

