



**Milton Keynes MIND Counselling  
at  
Farthing House**

For Better Mental Health

# **Assertiveness Training (Six week course)**

Do you have difficulty dealing with conflict?  
Find dealing with others difficult?  
Would you like to be able to communicate your feelings more effectively?

This assertiveness course will leave participants feeling more confident, more able to deal with their own feelings, improve their ability to deal with others and feel better about themselves.

The course will help you:

- Deal with your own feelings positively
- Learn what tools are available to you
- Learn how to present clear messages and close conversations effectively
- Gain increased confidence in dealing with difficult people and difficult situations
- Practice the art of saying no
- Understand the difference between assertiveness and aggression

(Fees charged will be according to personal circumstances)

For further information on these courses please contact us