

Contact Us

To book onto a course or to find out more,
please get in touch:

Online (via the Step on Stress page)

www.moodcafe.co.uk/learn-to-deal-with-stress-at-a-local-class.aspx

By Email

fife-UHB.SteponStress@nhs.net

By Phone

01383 565442

(please leave a voicemail and we will get in touch)



ASSERTIVENESS

A Step on Stress Course

Struggling to voice your needs?

Finding it hard to say no?

Trouble standing up for yourself?

Learn how to be more assertive at our free class.

About: The Assertiveness course

Is the Assertiveness course for me?

The course is run by the NHS Fife Step on Stress service. This course is aimed at adults (18+) and is a single session lasting two hours with a short break in the middle. The course covers topics including:

- An introduction to Assertiveness
- Communication Styles
- Assertiveness Tips and Tricks
- Dealing with Criticism

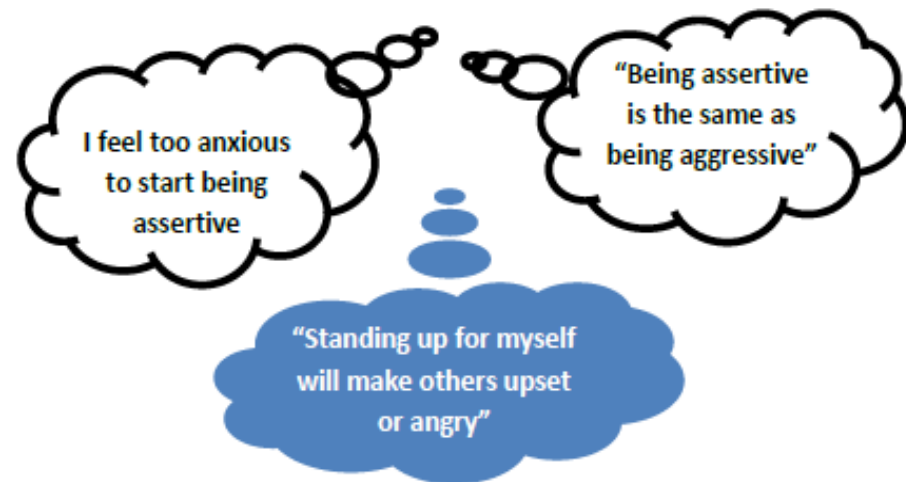


The course is designed to give you techniques to be more assertive. You will NOT be expected to discuss your personal problems. This is a class rather than a group therapy session.

Do you:

- Struggle to voice your needs in relationships
- Find it hard to say no
- Have problems dealing with conflict

Or catch yourself thinking:



Then the Assertiveness course could be for you!