

Staying Strong: How to assert yourself in challenging situations

Course Code

PDE/ASSERT/25/1/K

Time and duration

Start Date: 09 September 2025

Start Time: 09:30

Weeks: 5

Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

Description

Develop the skills and confidence to communicate assertively.

whether you are looking to improve your personal relationships, workplace communication or self-esteem, this course provides practical tools and strategies to help you express yourself clearly and respectfully.

What will you learn

Understand the differences between passive, aggressive and assertive behaviour

Recognise your own communication style and how it affects others

Develop techniques to express your thoughts, feelings and needs confidently

Learn how to say 'no' without guilt

Handle conflict and criticism constructively

Build self-confidence and self-awareness

Cost

This course is free

Eligibility Criteria

Eligibility criteria applies