

ASSERTIVE COMMUNICATION

Assertiveness in communication is the ability to directly state your feelings and needs in a respectful manner.

What are some situations in your professional life when it would be beneficial to be more assertive?

What has blocked you from being assertive in these situations?

Toolkit

U - L E A D

Who do you know who is good at being assertive? As you observe them, what do they do when they are being assertive?

What steps could you take to improve your assertiveness?

