



Assertiveness

Struggling to voice your needs?

Finding it hard to say no?

Trouble standing up for yourself?



Learn how to be more
assertiveness with our
free course

Fife Health
& Social Care
Partnership



NHS
Fife

About the class/group

We know how busy life can be at times so we tailored our Assertiveness class to make sure we could fit it all into one session. This one-off class provides you with the opportunity to learn what it means to be assertive and ways to become more assertive in your daily life.



What can I expect?

What does the session involve?

- NHS Professionals teach you tried and tested ways to become more assertive.
- You receive free information sheets
- You will not be asked to share your personal experiences

How will this help me?

- Help you understand different communication styles
- Learn what it means to be assertive
- Teaches you the difference between being passive, assertive and aggressive.
- Gives you tips on how to use what you learn in your day-to-day life
- The class could help to build your confidence when dealing with difficult conversations

Information on how to book our courses is available online at:
accesstherapiesfife.scot.nhs.uk

Contact details

Email: **fife.atfife@nhs.scot**

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

Access Therapies Admin Team

Psychology Service

Lynebank Hospital

Halbeath Road Dunfermline

KY11 4UW