

Assertive Communication

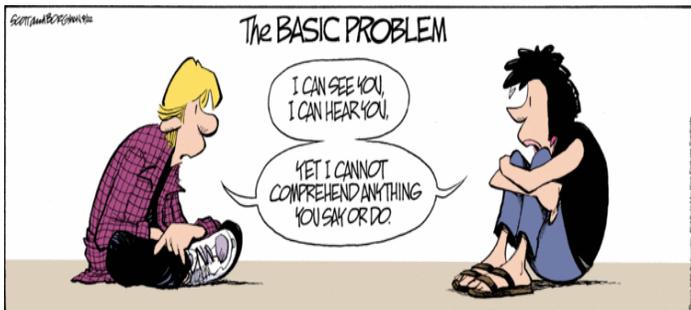
September 15, 2015

11:30 a.m. - 1 p.m. & 4:30 p.m. – 6 p.m.

Prevention, Education and Counseling Center, Bldg. 7260

Communication is a powerful tool. Once it's communicated, you can't take it back. Some forms of communication are just plain harmful. Attend this workshop and learn harmful communication styles. Learn to be an assertive communicator.

Learn the magic formula for communicating assertively Learn to express your primary feelings and needs clearly and calmly and much more.



Registration is required.

Call 639-7935.