



Are you *Assertive*?
Submissive? Aggressive?
Nagging?

Assertiveness Training

To Handle Everyday Situations

Saturday **Jan. 23** repeated **Feb. 20** 1–5 pm

Greenglade Community Centre

2151 Lannon Way, Sidney, BC V8L3Z1

Phone: 250-656-7055 \$40

Register online: <https://www.crd.bc.ca/panorama>

In stressful situations, most people react **Aggressively** or act **Submissively**. Parents often do this – or **Nag** their children to comply. *Assertiveness* works much better because it is different in 10 major ways.

In this 4-hour Workshop, Instruction plus Role-plays help you to begin developing *Assertiveness* as a competency for handling everyday situations.

Instructor: Dr. William A. Gray, former UBC professor, taught more than 3,000 future teachers to identify their Aggressive or Submissive tendencies and to think and act *Assertively* to produce better results for everyone.

For more information, visit this website: www.mentoring-solutions.com

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