

FREE 6 WEEK ONLINE COURSE!



Fully funded
for adults
aged 19+

Assertiveness Communicating with Confidence

Becoming a more assertive communicator can help you create wellbeing in yourself and impact positively on your relationships with others. This course will help you to understand what assertive communication is (and what it isn't) and how to practise it.

- Delivered online in a small group by an experienced Instructor.
- Open to adults aged 19 or over.

Zoom sessions will take place on the following Tuesdays:
15th, 22nd, 29th September & 6th, 13th, 20th October
12.00 – 2.00pm

To find out more or to book:
call: 030 300 38212
email: community.info@escg.ac.uk