

ASSERTIVE PEOPLE WIN!

Ever left a situation berating yourself for not saying something?
Wished you had stood up for yourself or others?
Or has someone asked you to cool it with your hostile behavior?



Do you know you have the right to speak up for your rights and feelings?
That you have value? And you deserve to ask for what you want in a way that respects you and the other person?

Assertiveness is the antidote to the above issues and more. YOU have the power to change your responses and take charge of your life. In this all-day session, we will discuss the four styles of communication – **assertive, passive, aggressive and passive-aggressive**.

We will:

- Examine the messages you are giving yourself
- Learn and practice a variety of techniques: including "I" messages, upping the muscle, and fogging.
- Understand how our nonverbal communication contributes to, or detracts, from our message.
- Discover how to set limits

ALL-DAY SESSION PRICE: \$239 per person

*Session includes: lunch, all-day snacks, a book by Jean on the corresponding topic, and handouts

DATE & LOCATION

Friday, Sept. 24 from 9 a.m. - 4 p.m.

Farm Bureau, 4875 Morbita Place, San Luis Obispo 93401

Please note: This is an in-person session and space is limited.

Jean Steel, M.S.



"Jean humorously taught us the power of using assertive communication and gaining positive outcomes in business. The presentation was engaging, funny, and left us with so much food for thought."

- Tyler Skinner, Founder & CEO
at Women.Making.Waves

"Jean Steel is my role model for living. Her joy, humor and authenticity make it impossible to be in her presence without feeling better. Jean said to me: "Passionate speakers give passionate talks." Without intending to, she perfectly described her own greatest strength."

- Lynne Biddinger, Author/Leadership
Coach at Lynne Biddinger & Co.

To register, visit happypeoplewin.com/events or contact
Jenny Molinar at jenny@happypeoplewin.com | 805.305.0279.