

Assertiveness Training

Assertiveness means expressing and acting upon your rights as a person while respecting the rights of other people. It does not mean being aggressive.

Training to be assertive helps to develop skills which build confidence, self-esteem and satisfaction. Assertiveness training can be of help to most people. It can be particularly useful to disabled people and their family members in:

- overcoming the prejudice and discrimination they so frequently experience.
- influencing decisions made by purchasers and providers of services.
- contributing to policymaking, which determines what kind of services are available, and how they are implemented.

Training is now widely available. These notes suggest resources to seek out.

Training may be in 1-3 days or regular weekly sessions of a couple of hours or so either during the day or evening. Weekly sessions have the advantage that you can practise the skills in your everyday life between sessions.

Start with your local library. Ask the librarian for information on local courses, trainers and books on assertiveness. The library will probably have brochures and leaflets, to give away free, which refer to assertiveness training courses.

Courses

Council for Voluntary Service (CVS) Your local CVS is likely to know of any assertiveness training available in the area. They would probably be very interested to be approached by a self-advocacy group or parents or carers group with a suggestion to put on a course which would very likely be free to participants.

Colleges Local Further Education Colleges or Adult Education services often provide courses in assertiveness. Find out which department and which tutor or lecturer puts them on. Try: Burton Manor on ☎ 0151 336 5172 or Chorley Adult College on ☎ 01257 276719.

Universities Some university departments put on assertiveness courses. Try the Extra Mural Department. Try: Sue Ralph or Mary Bury, School of Education, University of Manchester, Oxford Road, Manchester. ☎ 0161 275 3398.

Women's Centres (including Well Women's Centres) Most towns now have these centres which often run assertiveness training for women.

Women's Refuges The CVS will know if the local women's refuge puts on any courses.

Community Centres Some community workers in community centres will respond to local interest and need. Contact your local council or library for addresses.

Health Services Clinical psychologists and community nurses sometimes run assertiveness training courses. Try your local psychology service which may be part of a hospital or community health service.

Independent Trainers

Some trainers are independent of educational or other agencies. Self-advocacy groups or parent groups might want to contact them directly to arrange training tailored to their particular needs.

Training Workshops NW, 57 Garstang Road, Preston PR1 1LB. ☎ 01772 886994

Glenda Sutcliffe, Bootstraps Enterprises, 35 Railway Road, Blackburn. ☎ 01254 680367.

Redwood is a national organisation specialising in assertiveness training, accreditation and standards. They may be able to put you in touch with local trainers. ☎ 0161 643 1986.

Costs

There are often course fees to be paid. However, some courses do not charge fees. Some courses may provide bursaries so that you can attend without having to pay fees. You will need to ask if bursaries are available.

Reading

Dickson, A 1987 *A Woman In Your Own Right: Assertiveness And You*. London: Quartet. This book is useful for both sexes despite its title.

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