

Assertiveness In A Week: How To Be Assertive In Seven Simple Steps; 2012; John Murray Press, 2012; 128 pages; Dena Michelli; 9781444158731

It requires assertiveness. Becoming an assertive person takes a little practice, but itâ€™s a key communication skill that can make you more self-confident and result in a more fulfilling life.Â Be simple and direct. Donâ€™t leave room for misinterpretation. Assertiveness is effective because it is straight to the point. Tell the other person how youâ€™re feeling using the pronoun â€œIâ€ as in â€œI feelâ€ or â€œI think.â€ This is a confident approach. Beginning with â€œyouâ€ presumes to know what the other side is feeling and comes across as a more aggressive communication style. Leave negative emotions out of it. item 2 Assertiveness In A Week by Dena Michelli Paperback NEW Book 2 - Assertiveness In A Week by Dena Michelli Paperback NEW Book. Â£9.22. Free postage. item 3 Assertiveness In A Week: How To Be Assertive In Seven Simple Steps, Michelli, De 3 - Assertiveness In A Week: How To Be Assertive In Seven Simple Steps, Michelli, De. Â£4.35. Free postage. item 4 Assertiveness in a Week by Dena Michelli (author) 4 - Assertiveness in a Week by Dena Michelli (author). Â£6.52. Free postage.Â Learn in a week, remember for a lifetime. 'A useful confidence-building tool for those whose key aim is to find their inner power' Edge Online. Product Identifiers. Publisher. Hodder & Stoughton General Division, Teach YOUR & SELF Books. ISBN-10. 1473622832. However, assertive communication is not domineering; it's just a means of saying what you mean, meaning what you say and allowing others to do the same. Taking the decision to adopt assertive behaviour will mark the beginning of a new way of life: a way of life where you make your own decisions and choices without feeling guilty, and where you are.Â Learn to listen. Each of the seven chapters in Assertiveness In A Week covers a different aspect of being assertive:- Sunday: Preparing the foundations- Monday: Creating winning scenarios- Tuesday: Dealing with the 'negative'- Wednesday: Creating a positive impression- Thursday: Being assertive in public- Friday: Body language- Saturday: Personal power.