ASSERTIVENESS TUTORIAL

Assertiveness is the quality of being self-assured along with being amiable. It is a mode of communication characterized by confidently affirming statements without need of proof.

AUDIENCE

This tutorial is designed primarily for young professionals who seek assistance in dealing with difficult co-workers at the workplace, and putting forth their thoughts and opinions in a non-aggressive manner.

PREREQUISITES

Before proceeding with this tutorial, you are expected to be honest and willing to recall past incidents, to look at them objectively and learn from simulation.