

Suggested Format for a Ten-Session Group

Session	Material to Cover
One	Introductions What is assertiveness? The stress barrier The gender barrier
Two	The social barrier The belief barrier Nonverbal behaviour
Three	Assertive rights Giving your opinion
Four	On the launchpad Accepting compliments Giving compliments
Five	Coping with criticism
Six	Giving negative feedback
Seven	Saying no
Eight	Making requests Confrontation
Nine	Confrontation (con't)
Ten	Wrapping it up Being you