

Suggested Format for an Eight-Session Group

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