### Suggested Format for an Eight-Session Group

<table>
<thead>
<tr>
<th>Session</th>
<th>Material to Cover</th>
</tr>
</thead>
</table>
| 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                                         |