



## Assertiveness without Aggression

### Aggressive assertiveness looks like this:

- Raising your voice to get your point across
- Interrupting as a habit
- Pointing at someone while you talk
- Making direct insults about a person's work
- Making demands

### Assertiveness without aggression looks like this:

- Raising your chin and eyebrows to get your point across
- Not allowing yourself to be interrupted and not interrupting
- Holding up your palm as a signal of personal space or negation
- Making specific corrections to a person's work
- Stating your needs clearly or saying no with dignity

Some of these differences might sound like simple semantics, but they are actually powerful changes to garner respect and control over your circumstances without alienating the people who are supposed to be helping you. In this custom session, participants will practice implementing specific assertive techniques that apply to their lives. We will develop new phrases and body language to use in difficult conversations, awkward encounters, and high-tension scenarios. A gracefully assertive person can get what they want, without compromising their important relationships. Assertiveness without aggression allows us to say no and request behavior changes from others without instigating conflict.

My background in autism and mental health has made me an expert in adult behavior change. The techniques I teach can make powerful changes in your life, and open up new levels of productivity and happiness for you and your group.

Custom sessions are available from 2 hours to all day.



Questions or scheduling requests:  
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