

## STANDING UP... THE ART OF EXISTING

A 3 session online workshop

*Increase your ability to stand up for yourself*



Is it possible to be appropriately assertive and to not feel guilty of selfishness or like a failure in the eyes of others?

What does it mean to be assertive?

How to live these attitudes with greater self-confidence?

This program will help you answer these questions; it will help you assert yourself in a more appropriate, genuine, constructive, effective, and open way, while respecting others.

### 1st meeting: Being assertive

We will discover the book *Standing up... the art of "existing"* and its content and reflect on what it means "to be assertive".

We will explore the following concept: "Appropriate assertiveness involves my whole person".

### 2nd meeting: Why is it sometimes so difficult to assert ourselves appropriately?

We will enter deeper into what it means to be genuinely assertive, and will reflect on ways of functioning indicating a lack of assertiveness.

### 3rd meeting: There is a way to progress

We will discover the 3 paths leading to growth and will search how to progress along these paths so as to practice assertiveness in our daily life.

The book *Standing up... the art of "existing"* is a practical guide which will accompany you on this journey; it will be your guide and a source of inspiration and encouragement.

Purchase it online: <https://www.prhaustralia.com/publications> (cost \$40 includes postage)

Modality: Three 1h30 online zoom meetings; Dates TBC

Cost: \$65 per session or \$175 if you pay upfront (a saving of \$20) + \$40 for the book

To book: contact Maud [maud@maudbr.com](mailto:maud@maudbr.com) or 0401 057 669