

Communication & Social Skills

How To Be Assertive

This module looks at the different types of behaviours: passive, aggressive and assertive and considers the factors that can influence how a person behaves, both cultural and generational. We will examine the skills required for assertiveness and how to put them into practice. When faced with criticism or demands, being assertive can be quite difficult, we will uncover some assertive techniques that can be used under these circumstances.

In this Module

Videoscribe explainer video, with professional audio (duration: 04:09)

English Subtitles

5 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Know what you want and communicate it whilst being fair and reasonable.
2. Have a positive attitude about yourself and others.
3. Respect others and acknowledge differences of opinion.

