

The Power of Assertiveness:

Friday, October 24th - 7:30 AM ChST

A MindSculpt Class for



Are there relationships you have that feel one sided?
Do you struggle voicing your wants & values with others?
Whether in your personal or professional life, assertiveness provides guidance & clarity for everyone involved. Learning how is the first step to better outcomes & mental health.

In this therapist-led class, you'll learn:

- What assertive characteristics & language looks like,
- A wide variety of reasons that therapists incorporate assertiveness & why it enhances our mental health,
- Guided tips for having “courageous conversations”,
- Skill-building exercises for assessing your own assertiveness, building confidence in your challenging situations, & learning to plan assertive conversations

Join this live, 60-minute event, with opportunities to anonymously ask questions & chat with others.

No Registration Required
RSVP To Team Calendar Invite

