



Douglas College

P.O. Box 2503, New Westminster, British Columbia, Canada

Surrey Campus - Telephone: 588-4411

*Lillian - For your information  
Mailed April 15/76*

DOUGLAS COLLEGE  
ARCHIVES

SPECIAL ANNOUNCEMENT:

ASSERTIVENESS TRAINING FOR WOMEN

Tired of being pushed aside? Sick of doing what others expect rather than what you want? Afraid to stick up for yourself because you don't want to look pushy?

Assertiveness training assumes that being shy and passive are self-defeating behaviours which can be unlearned. This workshop will introduce women to a range of skills for coping with intimidating situations. Participants will look at their own styles of relating and getting what they want, role-play new skills and work on mutual problem-solving in small groups.

Areas to be covered include: verbal and non-verbal communication, developing a personal style of assertiveness and handling manipulations, stress, anger, criticism and compliments.

INSTRUCTOR

MARGARETHA HOEK  
Counselling psychologist

WHEN

Saturday, May 15, 1976  
9 am to 4 pm

WHERE

Douglas College  
New Westminster campus  
8th and McBride  
Room 702

FEE

\$10

Wear comfortable clothes and bring a bag lunch. We'll work right through. Also, bring a blanket or cushion for relaxation exercises.

Please note: This Special Announcement is being made to persons who signed up for this workshop at "Occupation:Housewife" on April 10th. PRE-REGISTRATION IS ESSENTIAL! The Assertiveness Training workshop is limited to 20 persons on a first-registered, first-served basis. Thank you.

----- REGISTRATION FORM -----

ASSERTIVENESS TRAINING FOR WOMEN

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

Please make cheque for \$10 payable to Douglas College and mail to: Douglas College, Admissions, P.O. Box 2503, New Westminster, B.C. V3L 5B2. For further information call 588-6404.

