



Increase your self confidence and assertiveness

Over four sessions students learn effective communication skills, so they can feel confident getting their point across in academic and social settings. The focus will be on: saying what you want to say in a way that others will listen to you; setting boundaries; persisting with your goals; listening to others; and, feeling good about yourself.

Facilitator: GLENDA WESTON

*4 MONDAYS, FROM - 16 MARCH 3.00 – 5.00 PM
GROUP ROOM, 2 WAITEATA RD*

To enrol, contact the Counselling Service, 2 Wai-te-ata Road (behind the Library) or phone 463 5310 or email counselling-service@vuw.ac.nz

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Confidence is an attitude which allows people to have a positive yet realistic view of themselves and their situations. People are confident in some areas of their lives but often forget about these areas and see themselves as lacking confidence in everything. This series of four workshops will help participants become aware of assumptions and self-defeating patterns that reduce self-confidence and develop strategies that increases confidence and clear communication.

Being in a small group is a great way to develop these skills. The group provides a place to practice new ways of interacting, it helps group members to be realistic, share a laugh, learn from watching others and enjoy being with people who really listen to them .

Here is some feedback from students who came to the four workshops

“I’ve sorted some stuff out with my supervisor. Yeah! It wasn’t as hard as I thought. She’s got the technicians helping me and I will finish the research at last.”

“It’s still hard but getting easier to be in social situations. I’m watching what I’m saying to myself, tricky stuff but I can hear it now.”

Facilitator: Glenda Weston

Glenda is a training consultant in oral communication. Her specialist areas are spoken voice, presentation, clear communication, cross cultural communication and reducing nervousness. She works with groups in a board range of contexts: students, teachers, performers, migrants, public servants and clients in the private sector.

Glenda is interested in how people talk to each other, how we say what we want to say, how we maintain our integrity and confidence and how we make sure others hear and understand us. She uses a range of approaches including psychodrama techniques, action methods, spontaneity training, NLP and calming techniques.