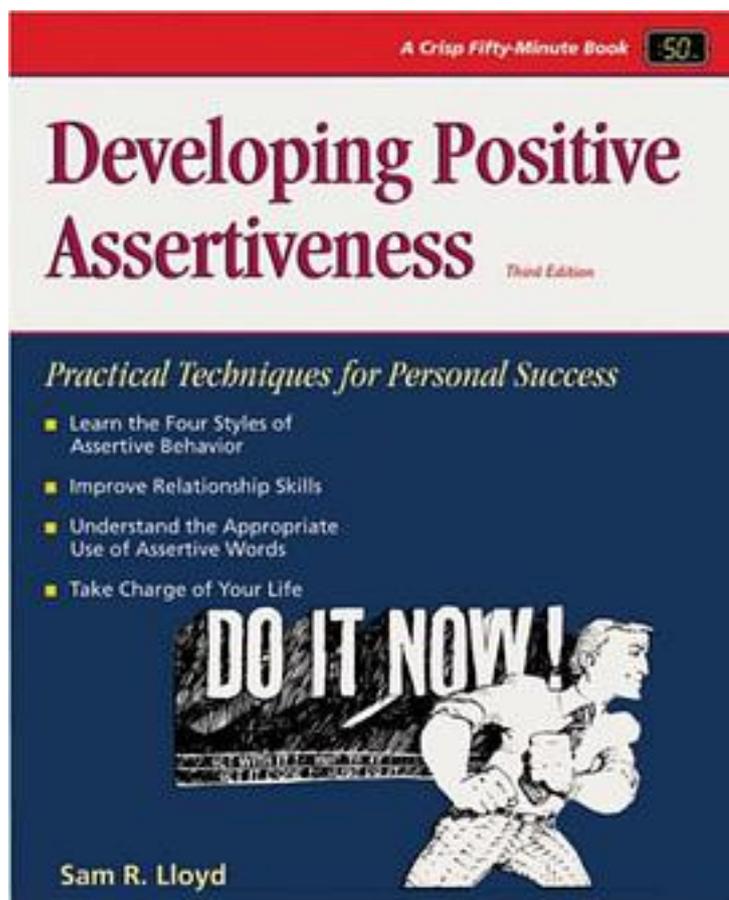# Developing Positive Assertiveness

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Make positive assertiveness a productive force in your life. This course will help you examine your posture, language, and attitude while learning to deal openly with

others. Find your natural style of communication. Use assertive words appropriately. Take charge of your life. Learning Objectives: To improve relationship skills. To explain aggressive, assertive, and nonassertive speech and body language. To show assertive behavior according to personality type.

作者介绍:

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