

BE MORE ASSERTIVE

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Be More Assertive A Teach Yourself Guide

Charles Franklin Thwing



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tool for teachers so you can stand up for your own needs and rights while respecting the needs and rights of others Chapters cover establishing healthy boundaries learning when to say no dealing with conflicts becoming more self aware leveraging your strengths finding your voice and more Each chapter is filled with practical strategies and examples and ends with a toolbox feature to help you build your skills As you learn to become more assertive you ll improve your interactions and will feel more heard and fulfilled in your teaching role and in life Persuade Anyone with NLP: Teach Yourself Alice

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