



Yew Matter Counselling

A safe space to talk

Assertiveness

Hi my name is Alan Morris and I run Yew Matter Counselling (Yew-matter.co.uk). Yew Matter provides counselling, coaching, mediation, supervisory services and training based in Oswestry, Shropshire. For those who are not in the area I also offer video sessions using a safe secure technology called Zoom.

I am a very experienced counsellor and in my sessions I have found that assertiveness is a very important skill to improve confidence and self-esteem.

I teach my clients assertiveness and they have found it to be very beneficial in their lives.

Assertiveness in essence is about “I win, you win” or “I am ok, you are ok”. It is about saying no to requests without feeling guilty.

Assertiveness is a great way to confidently communicate with others in day to day life.

Most of us are not naturally assertive. We are either Passive or Aggressive. Assertiveness is a learnt skill.

Not everyone wants counselling so I thought I would offer to teach these skills in a relaxed informal workshop setting.

In the workshops I will take you through 5 proven techniques.

Then where possible we will practice these techniques in a safe environment.

The workshop will last two to two and a half hours and are designed to be affordable.

Click on [Detail of Workshops Planned](#) for future workshop dates.

If you are a company or organisation who feels your staff or volunteers would benefit please contact me on alan.morris1966@gmail.com or the 0795 6588204.