

THE ART OF ASSERTIVENESS: HOW TO SAY WHAT YOU WANT WITHOUT FEELING GUILTY

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Remember the time you came home from a long school day, feeling exhausted and just wanting to watch that new Netflix show, when all of a sudden a friend you haven't seen in a long time texts you for a cup of coffee. You know that you also have to study for an exam tomorrow and you really need this time for yourself. If you suffer from the 'disease to please', saying 'no' can seem intimidating. Reluctantly saying 'yes', however, causes a great deal of stress.

What if there was a way of refusing without feeling like you're a bad person? In this workshop you will learn how to effectively state your needs without causing trepidation for you or others – in other words, you will learn how to be assertive.

Being assertive is a core communication skill, a way of expressing yourself effectively and standing up for your point of view, while also respecting the rights and beliefs of others. This workshop is a chance to learn and practice the techniques that will enable you to speak openly without leaving the impression of an aggressive attitude. We will also analyse the common misbeliefs about what makes a good argument and determine the proper ways of valid argumentation. Moreover, we will discuss the common communication barriers. Becoming aware of the harmful patterns in your everyday communication and putting some effort in changing them can help you build and retain healthier relationships, both in your future professional and personal life. And also enable you to enjoy the new episode and feel cool cool cool without a doubt.