



Assertive Interpersonal Strategies For Women

Take Charge of Your Career and Your life

Assertiveness is a much misunderstood skill. Its purpose is simple, to get what you want while valuing others. The objective is to maintain as positive as possible a relationship with the person with whom you are being assertive.

Women who present themselves confidently and assertively enjoy a huge advantage in their careers.

The ability to get your point across clearly and diplomatically affects your success more than any other skill.

Women are often reluctant to voice their opinions and stand up for themselves because they don't want to seem pushy or jeopardize their relationships. They feel invisible in meetings, powerless in their dealings with people and become angry when they are not taken seriously. Often their ideas are overlooked and rather than speak up for themselves, they shut down instead.

That's where *Assertive Interpersonal Strategies for women* comes in. This interactive seminar is designed especially to help you learn the skills you need to express yourself clearly and confidently so that you excel in all aspects of your work and your personal life.

Are your communication skills a key frustration that keep you from achieving the success you desire? Wondering why you're misunderstood?

Do you feel overwhelmed and overworked but find it hard to say 'No?' Feeling stressed? Do your colleagues often misinterpret your words and misunderstand your actions? Does your workload seem to control you instead of you controlling it? Would you like to figure out your strengths and talents and how they can help you work smarter?

If you answered "yes" to any of these questions, then this seminar is for you.

This seminar will help you express your ideas, and get your point across confidently and effectively to achieve the results you want at work and in your relationships



ASSERTIVE INTERPERSONAL STRATEGIES FOR WOMEN

Thursday, August 20th, 2009

The Seneca

200 E. Chestnut ~ Chicago, IL 60611

Registration 8:15AM – 9:00AM

Seminar Time 9:00 am – 4:00 pm

Price: \$125.00 before August 15th - \$175 thereafter
(Includes workbook and personal assessment materials)



Register 5 people from your company and receive the discount price of \$99 per person.

Ways to register: By **fax** 312-819-0423 or **online** at www.jadcommunications.com or by **email** jad@jadcommunications.com

Name _____ Company _____

Address _____ City _____ State _____ Zip _____

Visa MC Card# _____ Exp. _____

Email _____



400 E. Randolph – Suite 2330
Chicago, IL 60601