



The Power of Assertiveness

and How to Master It

The way in which we approach situations can help or harm the outcome. Assertiveness is asking for what you want in a way that is strong, open, tactful and effective.

Wendy Hofford is a Winnipeg-based leadership trainer, mentor and coach that works to help you grow. Find out more at wendyhofford.com.

In this presentation, we will learn to put assertiveness into practice and

- How to increase your assertiveness to maximize your effectiveness
- How your body language can enhance the effectiveness of your message
- The difference between assertion and aggression
- 5 steps to help you find your POWER



Event Type: Professional Development
Tuesday, April 24th 5:30 to 7:30
WCA, 1447 Waverley Street
Non-Member/Member \$25.00
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