

THE NAME OF TRAINING	<i>SELF CONFIDENCE DEVELOPMENT AND ASSERTIVENESS WORKSHOP</i>
THE AIM	<p>Assertiveness is a skill which means to express yourself, to be relax in social relations, and while respecting other people's rights, also to protect your rights.</p> <p>This workshop which based on "Learning by experience" strategy, is aimed at that the participants get to know better themselves by participating actively inside the group, improve awareness of their roles in interpersonal relations and express themselves more effectively</p>
THE METHOD	Interactive information sharing, role plays, psychodramatic technics and various exercises are utilised in this workshop.
THE CONTENT	This workshop has 4 sessions and each session takes 1,5-2 hours
TRAINER	Kadir ÖZDEN (Psychologist, MA)