



Skills &
Behavioural
Development

Assertiveness

Trainer Script

Assertiveness

Trainer Script (Sample)



Topic/Timing	Trainer Script	Resources
<p>14:45 Assertiveness in Action</p> <ul style="list-style-type: none"> • Planning to be Assertive • Planning in Practice 	<p>Explain: We are now going to look at ways of planning and preparing to be assertive, taking into consideration some of the strengths and limitations that we have highlighted already.</p> <p>Facilitate Discussion: Ask participants: How do you go about planning to be assertive currently? Do you think about it and plan?</p> <p>Trainer Note: Refer participants to the powerpoint and talk through the Planning to being Assertive questions.</p> <p>Individual Activity: Ask participants to think of a forthcoming situation in which they need to act assertively. Use the planning to be assertive questions to plan their approach – write down their thoughts/ideas/actions.</p> <p>Once completed, take feedback from the group and facilitate discussion:</p> <ul style="list-style-type: none"> • How did that go? • How might that work in practice for you? • What would you not have normally thought about? • How confident do you feel now that you have planned your approach? <p>Explain: These questions will enable you to consider how to handle situations assertively, while still taking into account the needs and rights of the other people involved. It allows you to develop contingency plans for different eventualities so you are less likely to be taken by surprise.</p>	<p>PPT Slide 10</p> <p>WB Page 9</p>