



North Tyneside  
Carers' Centre

# COMMUNICATING WITH CONFIDENCE

Join us for this free session designed for carers to help them feel more in control of their situation when communicating with professionals or other people involved in the caring process.

**Tuesday 15th June**  
**2-4pm**  
**(Online session)**

During this informal and supportive session we will explore **Assertiveness skills** and will focus on:

- What is assertive communication
- Benefits of being assertive
- Barriers to being assertive
- Techniques to overcome barriers to being assertive

Visit [www.northtynesidecarers.org.uk/getting-online](http://www.northtynesidecarers.org.uk/getting-online) for videos and instructions on how to use Zoom or Microsoft Teams before you join the sessions.

**To sign up:**

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@NTCarers



0191 643 2298



training@ntcarers.co.uk