

# Assertiveness Training Seminar

Six Weeks

Starting February 22

Mondays at Noon

**LEARN:**

- To express your beliefs and opinions
- To stand up for yourself
- To say “NO” without feeling guilty

**For further information or to register  
contact the CSU Counseling  
Center at 216-687-2277**



- Participants are asked to commit to attend all six sessions and complete a brief homework assignment each week.
- Optional workbook is The Assertiveness Workbook by Randy Paterson.
- Meetings are held in the Counseling Center group room on the 12<sup>th</sup> floor of Rhodes Tower.
- Facilitated by Robin Leichtman, M.Ed., PC and Yvona Pabian, M.Ed., PC