

Title: Assertiveness for technicians (learn tips and techniques to deliver messages assertively to those around you, and have time to practice those tips and techniques in a safe learning environment)	
Overview / Session Description	This workshop will cover the key differences between assertiveness and other behavioural styles, and encourage reflection on what causes attendees to use each of these behaviours. The session will then cover different ways to structure your message, how to use language assertively and tips and techniques for behaving assertively. There will be time to practice these techniques with peers in small breakout groups.
Audience	Technicians from the 8 MI partner institutions
Duration	<ul style="list-style-type: none"> • 2 hour online virtual webinar session; • A standalone session.
Session details	Date: throughout 2021 Summer Program Times: 11:00 – 13:00 or 14:00 – 16:00 (AM or PM times)
Session Aim(s) and Objectives	<ul style="list-style-type: none"> • To reflect on assertive, passive, aggressive and passive-aggressive behaviours and when we tend to use each style • To consider other factors that influence our behaviours e.g. personality, bias, organizational culture • To use a recognized model to structure a message we want to give • To share tips and techniques to behave more assertively • To practice using these tips in a safe learning environment
Key Learning Outcomes	By the end of the session, attendees will have: <ul style="list-style-type: none"> • Reflected on assertive, passive, aggressive and passive-aggressive behaviours and when they tend to use each style • Considered other factors that influence our behaviours e.g. personality, bias, organizational culture • Used a recognized model to structure a message we want to give • Shared tips and techniques to behave more assertively • Practiced using these tips in a safe learning environment
Structure of the session and key activities for participants	<ul style="list-style-type: none"> • Input, information sessions. • Share practice & peer learning opportunity using breakout rooms and worked through scenarios.
Delivery mode	Online / virtual session using Zoom.
Session requirements	<ul style="list-style-type: none"> • Internet access required • Computer with mic and camera Attendees will need access to a computer/ laptop. (The zoom link will be sent prior to the session, therefore you are not required to download the relevant app.)
Pre-work / post-work requirements	Pre-work: There is approximately 30 minutes of pre-session reading and reflection associated with this course. Post-work: Complete feedback form.



	There is approximately 30 minutes of post-session reflection associated with this course.
How to book	Through the booking page on the MI TALENT website.
Course facilitator	Various
Related session	Having difficult conversations, Giving and receiving effective feedback