Attend our no-fee workshop!

Assertive Communication

TWO-DAY WORKSHOP

Wednesday & Thursday

October 19 & 20, 2016

9:00 a.m. – 12:30 p.m.

Ogden Employment Center • 480 27th St. • Ogden

Don't miss this opportunity!

Participating attendees will receive a certificate of completion in Assertive Communication

- Learn communication styles
- Master the language of assertive communication
- Learn how to say "no"
- Acquire listening skills
- Become proficient in expressing thoughts and feelings
- Learn about conflict management
- Learn about assertive rights and personal rights
- Become familiar with personal power and positive affirmations

For more information:

Email Sherilyn Olsen at **solsen@utah.gov** to sign up or register online at **jobs.utah.gov**

Workforce Services • jobs.utah.gov

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.