

Day 12

Assertiveness

What is this squiggly skill?

Assertiveness is the ability to communicate clearly about what you want and why.
It helps you to protect your boundaries and make your work work for you.

Go to Guru



Esther Perel

How to be assertive without being aggressive

Recommended Listen



Squiggly Careers #276

How to increase your assertiveness

Ideas for Action



Practise and personalise

Work out when you feel most compromised at work. Practice a statement that would feel assertive and authentic to you.

e.g.

'That won't be possible today as my time is already committed. An alternative option could be to...'



Acknowledge and anchor

If someone disagrees with your point of view, acknowledge their opinion and then anchor outside of you, backing up your point with information and evidence rather than debating opinions.