

Attend our no-fee workshop!

Assertive Communication

TWO-DAY WORKSHOPS

Wednesdays & Thursdays

July 18 & 19, 2018 and

August 29 & 30, 2018

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

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.



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