



Welcome to this
session:

Open Session:

The Power of Assertiveness

The session will start shortly...

Any Questions?
Drop them in the questions section.



Welcome

Safeguarding & Welfare

We are committed to all our students and staff feeling safe and happy; we want to make sure there is always someone you can turn to if you are worried about anything.

If you are feeling upset or unsafe, are worried about a friend, student or family member, or you feel like something isn't right, speak to our safeguarding team:



Ian Wyles
Designated Safeguarding
Lead



Simone Botes



Nurhaan Snyman



Rafiq Manan



Ronald Munodawafa



Tevin Pitts

Scan to report a
safeguarding concern



or email the Designated
Safeguarding Lead:
Ian Wyles

safeguarding@hyperiondev.com



Democracy

Every person's opinions matter.

Respect

We look after each other.

Tolerance

We accept each other's differences.

British Values

Rule of Law

We keep to the rules.

Liberty

We are free to make choices.

A group of diverse people, including men and women of various ethnicities, are shown from the chest up, giving thumbs up. They are smiling and looking towards the camera. The image has a teal overlay.

HOUSEKEEPING

Leadership & Management Live Lectures – Housekeeping

- The use of disrespectful language is prohibited in the questions, this is a supportive, learning environment for all - please engage accordingly.
 - ***(Fundamental British Values: Mutual Respect and Tolerance)***
- No question is daft or silly - **ask them!**
- Should you have a question during the lecture, please feel free to **post in the Questions section** and I will respond throughout.



PLEASE
NOTE...

Leadership & Management Live Lectures – Housekeeping

- Activating **live captions** in your browser's accessibility settings is a helpful option for better understanding, especially for those with hearing impairments or challenges with accents.
- For all **non-academic questions**, please submit a query: www.hyperiondev.com/support
- Report a safeguarding incident: www.hyperiondev.com/safeguardreporting
- Should you have any further questions or want to provide us with feedback, please feel free to post them [here](#).
- [GitHub Link to access L&M Presentation Slides.](#)



PLEASE
NOTE...



LEARNING OBJECTIVE

Understand **what assertiveness is**, why it matters, and how to practice it effectively in both personal and professional settings.

Learning Objective



A woman with curly hair, wearing a white shirt, is standing and speaking to two men. One man is seated and looking up at her, while the other stands to the right, also looking at her. They are in a modern office with bookshelves in the background. The word "Welcome" is overlaid in green text.

Welcome

WELCOME



“When was the last time you had to stand up for yourself? How did it feel?”



What is Assertiveness?

WHAT IS ASSERTIVENESS?

Assertiveness is the ability to **express your thoughts, feelings, and needs clearly and respectfully**, while also considering the rights and feelings of others.

Assertiveness is about balance. You respect yourself by stating your needs clearly, and you **respect others by communicating in a calm and direct manner.**

WHAT IS ASSERTIVENESS?

Key Characteristics of Assertiveness

- **Confidence** without arrogance.
 - **Clear and direct** communication.
- Respect for **yourself and others**.
- The **ability to say “no”** without guilt.



WHAT IS ASSERTIVENESS?

Common Misconceptions

Assertiveness is NOT aggression. Aggression disregards others' feelings and often comes across as **forceful or intimidating**.

Assertiveness is NOT passivity. Being passive means **avoiding conflict and putting others' needs ahead of your own**, often leading to frustration and resentment.

RULE OF LAW

Aggression disregards others' rights, whereas **assertiveness aligns with fairness and mutual respect;** principles reflected in the rule of law.



WHAT IS ASSERTIVENESS?



Which one is assertive?

- *“I always get stuck with extra work. It’s not fair!”*
- *“I’m sorry, but I can’t take on extra work right now.”*
- *“Fine, I’ll do it.”*



WHY IS ASSERTIVENESS IMPORTANT?

When you're assertive, you:

Communicate More Effectively

- You express yourself clearly and directly, **reducing misunderstandings**.
- People know where they stand with you, leading to more **honest and productive conversations**.

Boost Your Confidence

- The more you practice assertiveness, the more you **trust yourself**.
- You feel **more in control** of your choices and decisions.

WHY IS ASSERTIVENESS IMPORTANT?

When you're assertive, you:

Build Stronger Relationships

- Assertiveness fosters **mutual respect**.
- It prevents resentment from bottling up because you **address issues calmly and honestly**.

Reduce Stress & Resentment

- **Saying "yes" when you want to say "no"** leads to frustration and burnout.
- Assertiveness allows you to **set boundaries** and avoid unnecessary stress.

WHY IS ASSERTIVENESS IMPORTANT?

“Where in your life do you struggle with being assertive?”

- Saying **no to extra tasks** at work.
- **Speaking up** in group discussions.
- **Setting boundaries** with family or friends.
- Asking for **what you need** (e.g., a raise, support, or space).

A man with a beard and a woman are sitting on a couch, engaged in a conversation. The man is looking at the woman, who is gesturing with her hand. The background shows a modern living room with a shelf and a plant.

How to Be More Assertive

HOW TO BE MORE ASSERTIVE

Use “I” Statements

Instead of blaming or accusing, **express your thoughts and feelings** in a way that takes responsibility for them.

- ❌ ***"You never listen to me!"*** (Blaming)
- ✅ ***"I feel unheard when I speak, and I'd really appreciate your full attention."*** (Assertive)

LIBERTY

“I” statements teach students to **express themselves confidently while taking responsibility for their own emotions**, reflecting personal freedom.



HOW TO BE MORE ASSERTIVE

Body Language & Tone

- **Stand or sit up straight** → projects confidence.
- **Maintain eye contact** → shows engagement.
- **Speak in a calm, clear, and steady voice** → avoids sounding aggressive or unsure.
- **Avoid defensive body language** (*crossed arms, fidgeting, looking away*).

HOW TO BE MORE ASSERTIVE



Setting Boundaries

- At work: *"I'd love to help, but I have a full plate right now. Let's look at a later time."*
- With friends: *"I appreciate the invite, but I need some downtime this weekend."*

HOW TO BE MORE ASSERTIVE

Practice Active Listening

- Nod or use small verbal cues (*"I see," "That makes sense"*) to **show you're engaged**.
- **Paraphrase** what the other person said to confirm understanding (*"So what I'm hearing is..."*).
- **Avoid interrupting** and wait your turn to speak.

CONCLUSION

A dark, moody image featuring a film strip running horizontally across the center. The film strip has two frames with the words 'THE' and 'END' in large, bold, black capital letters. The background is a dark, textured surface with a large, metallic film reel visible behind the strip. The overall aesthetic is cinematic and vintage.

THE

END

CONCLUSION

Key Points

- Assertiveness is like a muscle; **the more you use it, the stronger it gets.**
- **Start small, practice daily**, and watch how it transforms your confidence and relationships

Thank you for attending



CoGrammar



Department
for Education