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Emotional Workshop: Communication and Assertiveness



Objective:

- Identify the characteristics of assertive communication.
- Differentiate between passive, aggressive and assertive communication styles.
- Reflect on their own communication style and practice assertive responses.

Key Components:

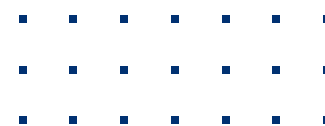
- Exploring communication styles
- Recognising assertiveness in language and behaviour
- Practising assertive responses in common social situations
- Reflecting on personal strengths and challenges

Duration:

45 minutes



Workshop: Communication and Assertiveness



Workshop Overview

In this engaging 45-minute workshop, participants will master the art of assertive communication through hands-on activities. They will learn how to express themselves clearly and confidently while showing respect for others.

Participants will:

- identify their personal communication patterns through self-assessment exercises
- distinguish between passive, aggressive and assertive approaches through real-world scenarios
- practise powerful techniques for expressing needs and boundaries respectfully.
- develop strategies to navigate challenging conversations with confidence.

This interactive session provides participants with the practical tools they need to transform their communication style, enhance their relationships and advocate effectively for themselves in professional and personal settings.

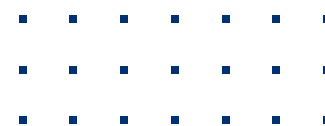
- **Active Introduction – “The Style Shuffle” (10 minutes)**

By physically embodying passive, aggressive, and assertive behaviour in the “Style Shuffle” activity, learners intuitively understand how communication feels and looks in action.

- **Explanation – What is Assertiveness? (5 minutes).**

A short input session and video help clarify what assertive communication means and why it is more effective than passive or aggressive reactions.

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Workshop Overview

- **Video Input – Watch & Reflect (5 minutes).**

A short video helps clarify what assertive communication means.

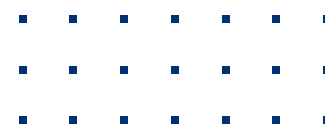
- **Paired Exercise – Assertive Rewriting (15 minutes).**

In paired exercises, students rewrite and practice assertive responses to everyday conflict scenarios, reflecting on tone, word choice, and body language.

- **Reflection & Wrap-Up (5 minutes).**

Throughout the session, students are encouraged to reflect on their strengths and challenges in communication. They identify specific areas where they'd like to be more assertive and leave with strategies they can apply in future interactions.

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Active Introduction “The Style Shuffle” (10 minutes)

Objective: Warm up and intuitively explore different communication styles.

Instructions:

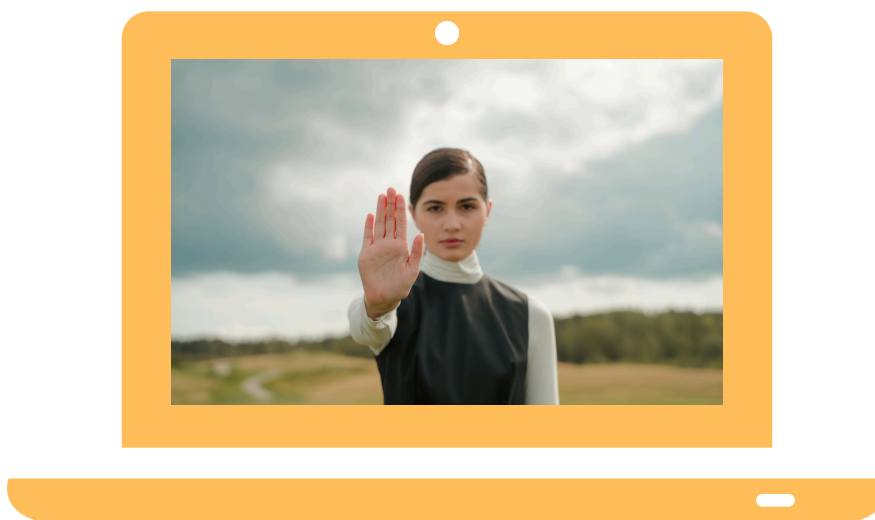
The instructor calls out 3 types of communicators: Passive, Aggressive, Assertive.

Students walk around the room embodying each style:

- Passive = Avoid eye contact, hesitant steps
- Aggressive = Loud tone, dominant body language
- Assertive = Calm, confident posture, eye contact

Freeze and switch on cue. Afterward, reflect in pairs:

- Which felt most natural or unnatural?
- What do you associate with each style?

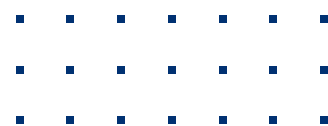


Fostering Assertive Communication

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Explanation – What is Assertiveness? (5 minutes)



Define Passive, Aggressive, and Assertive Communication:

Please ask the students to come up with an example for each communication style. Once they've shared their ideas, you can provide the following examples to reinforce the concepts.

Passive Communication: Avoiding expressing your true thoughts, feelings, and needs; prioritising others at your expense

- Example 1: A colleague repeatedly borrows your supplies without asking. Instead of addressing it, you say nothing and later complain to others.
- Example 2: You stay late to complete a teammate's work because you couldn't say no, despite having family commitments.

Aggressive Communication: Expressing thoughts and feelings in a demanding, threatening, or hostile manner

- Example 1: When someone disagrees with your ideas in classroom, you raise your voice and say, "That's ridiculous! You clearly don't understand the situation."
- Example 2: "You always take my laptop without permission! You're so selfish and inconsiderate! Don't you ever think about anyone but yourself?"

Assertive Communication: Clearly expressing your thoughts, feelings, and needs while respecting others

- Example 1: To a friend who interrupted you: "I'd like to finish my thought before we move on. This point is important to me."
- Example 2: "I really value spending time with you, but I'd appreciate if you could call before coming over."

Workshop: Communication and Assertiveness

Video Input: Watch & Reflect (5 minutes)



LINK

In this video, you'll learn why assertive communication is such an important skill — especially when it comes to building strong relationships and handling conflict in a healthy way.

We'll break down what assertive communication actually means: It's about being clear, honest, and respectful — expressing your own needs and opinions while also considering others'.

You'll discover practical strategies to help you:

- Take responsibility for your actions and emotions
- Speak clearly and directly
- Stay open to different perspectives
- Believe in your own worth
- Ask for and use feedback

By the end, you'll have simple tools to strengthen your communication, improve your confidence, and handle tricky situations with more ease.

This video is a great resource for anyone who wants to communicate more effectively, whether at school, work, or in everyday life.

Workshop: Communication and Assertiveness

Paired Exercise – Assertive Rewriting (15 minutes)



In this activity, students work in pairs to explore how everyday conflict situations can be handled using assertive communication.

Instructions:

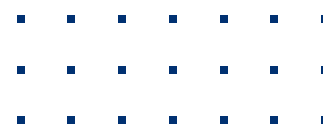
1. Each pair receives 2–3 short conflict scenarios.
2. (Examples: “You lent someone your charger, and they haven’t returned it.” / “A friend repeatedly interrupts you during conversations.”)
3. First, students identify the original response style in the scenario – is it passive, aggressive, or assertive?
4. Then, they work together to rewrite the response in an assertive way, focusing on:
 - Tone: calm and steady
 - Word choice: clear, respectful, non-blaming
 - Body language: confident posture, eye contact
5. Pairs take turns practising their assertive responses aloud with each other.

After the Activity – Group Reflection Questions:

Ask students to reflect either in pairs, in a short whole-class discussion, or in writing:

- How did it feel to speak in an assertive way?
- Was it easy or difficult to find the right words?
- What differences did you notice between passive/aggressive responses and the assertive version?

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Reflection & Wrap-Up (5 minutes)

Throughout the session, students are encouraged to reflect on their strengths and challenges in communication. They identify specific areas where they'd like to be more assertive and leave with strategies they can apply in future interactions.

Group Reflection:

- What did you learn about your own communication style?
- Where would you like to be more assertive in real life?



Instructions for Teachers

Objective: The workshop aims to encourage reflection and raise awareness among participants about their communication style, and demonstrate how assertive communication can have a positive impact on their lives. Participants should be able to use assertive communication purposefully and appropriately.

Duration: 45 minutes

Materials Needed:

Laptop, projector and internet for loading and showing the video

Workshop step by step

Step 1. Active Introduction (5 minutes)

Welcome the participants warmly and briefly introduce yourself and today's topic. If you have time you can show them this video:

[LINK](#)

Explain the warm-up and clearly point out the rules.

Introduce the purpose of the exercise and also the movements in the room and announce when their body expression should change.

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Encourage to express these emotions through facial expressions, gestures, and body language. The participants have to show the following emotions:

- Passive = Avoid eye contact, hesitant steps
- Aggressive = Loud tone, dominant body language
- Assertive = Calm, confident posture, eye contact

At the end, ask them which emotion and communication style was easier to express and why.

Step 2. Explanation – What is Assertiveness? (5 minutes)

The teacher asks the students to find an example for each communication style. They should find appropriate examples from their daily lives. Once they've shared their ideas, you can give them examples to reinforce the concepts.

Step 3. Video Input – Watch & Reflect (5 minutes)

Show the Video under the following Link:

LINK

Step 4. Paired Exercise – Assertive Rewriting (15 minutes)

Foster a sense of comfort and trust among participants to ensure they can fully engage in the exercise. One effective way to support this is by allowing them to choose their own partners.

- Begin by explaining the aim of the activity: to help students recognise different communication styles and practice expressing themselves assertively in everyday conflict situations.



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- Distribute the conflict scenarios and guide pairs to first identify whether the initial response is passive, aggressive or assertive.
- Encourage students to carefully rewrite the response using assertive language, paying attention to tone, word choice and body language.
- Once pairs have practised their responses aloud, lead a short reflection session - either in discussion or in writing - to help students internalise the difference assertive communication can make.

Step 6. Reflection & Wrap-Up (5 minutes)

Invite participants to come together to share their insights and feelings about the activity.

Possible reflection questions include

- What have you learned about the importance of assertive communication in building relationships?
- How can these skills enhance your social-emotional learning?

Tips for teachers:

- **Create a positive atmosphere:** Ensure a safe and supportive environment in which attendees feel comfortable expressing their thoughts and experiences
- **Encourage reflection:** Encourage young people to think about their own body language and how it might affect others.
- **Make it relevant to everyday life:** Link the lesson content to situations in the participants' everyday lives, such as communication on social media, within the family or among friends. This will help to emphasise the relevance of assertive communication.

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Follow-Up Activity at Home:

Motivate participants to consciously and actively integrate assertive communication and social-emotional skills into their daily lives. Suggest that they incorporate this communication style into their routines to reinforce the values of self-care and authenticity in both personal and professional settings. For example, encourage participants to practice dealing with difficult situations in front of a mirror.

TOOLS



YOUTUBE



During this session, participants should watch the videos provided and reflect on their own communication style. They are encouraged to consider what assertiveness means in their personal context and how they can communicate more clearly and directly—without losing their authenticity or making excessive compromises.

[LINK](#)



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