

# ACQUISITION OF ASSERTIVENESS SKILLS

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<http://www.telresources.org/resource26>

TYPE	LESSON PLAN
LEVEL	vocational
MODALITY	blended
SUBJECT	lifeskills education
TECHNOLOGY	internet resource,text-based,presentation

Life skills are important skills that help one face the challenges of life. assertiveness skills are critical in helping express your opinion firmly but respectfully. with assertiveness skills ones rights are respected and not violated as it were.