

## **2.4 LET ME OUT! A COURSE IN ASSERTIVENESS**

In a collective society the individual disappears in a crowd. To keep the individual core intact, it is important to develop self-knowledge and self-maintenance.

- What are my frames?
- Where do I want to go?
- Self-knowledge and self-image
- Change behavioural patterns
- Self-motivation
- Say “no”
- Develop, present and market yourself
- Utilise all soft skills