

# Newham Together Café

## EMOTIONAL INTELLIGENCE WORKSHOP



## HEALTHY ASSERTIVENESS

**Join us on  
Wednesday 14th May 4-5.30pm**

### **What to expect:**

- What is assertiveness?
- What gets in the way?
- Becoming more assertive

**For more information, or to register  
to attend, please contact:**

Call: 07511075701

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