

Well-Being Video

Session Five: Assertiveness & Flow



Here we look at the advantage of being involved with something we love doing (Flow), how it supports our well-being and enjoyment of life.

The video presents three different assertiveness skills that may be needed to stand up for what we believe and want to be the way forward for ourselves.

The Broken Record Skill which helps us not to be discouraged by strong personalities that might dominate our lives -to put forward our point of view until we are heard.

The Agree & Divert Skill which helps us to move on from a negative critical comment to a common purpose or goal.

The Sharing a Personal Need Skill which helps us, in a personal relationship, to explain and ask for what we need and want without nagging or criticising the other person.