

**SRI C ACHUTHAMENON GOVT. COLLEGE
THRISSUR**

**RESEARCH & PG DEPARTMENT OF PSYCHOLOGY
ORGANIZES**

ASSERTIVENESS TRAINING

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SEPTEMBER 27



9:30 AM - 4:30 PM





Assertiveness Training Workshop

Date: 27 September

Time: 9:30 AM

Venue: Seminar Hall, Science Block

The assertiveness training workshop held on September 27th commenced at 9:30 AM in the Seminar Hall of the Science Block. The inauguration session was led by Renjith Kumar, the Principal Incharge, who introduced the purpose of the workshop and its relevance in both personal and professional life.

The resource person for the workshop was Dr. Sunny Joseph, a well-known clinical psychologist based in Bangalore. Dr. Joseph has extensive experience in behavioral therapies and psychological training, specializing in assertiveness techniques and neurological aspects of communication. His expertise has made him a sought-after speaker in various psychological and self-development workshops across India. Participants were Msc students and selected Bsc students.

Session 1: Theoretical Framework and Neurological Background

In the first session, Dr. Joseph delved into the theory and neurological background of assertiveness. He explained the difference between assertiveness, passiveness, and aggression, using real-life examples and video clips to illustrate his points. The session highlighted how assertiveness is linked to neurological processes, including brain functions related to decision-making and emotional control.

Dr. Joseph also emphasized the responsibility that comes with assertiveness, stating that being assertive is not only about expressing oneself but also about respecting the boundaries of others. Participants were then asked to complete a self-report inventory on assertiveness and share their scores to help them understand their own assertive behavior better.



Session 2: Role Play and Real-Life Application

The second session, held in the afternoon, was more interactive. Participants were asked to role-play non-assertive situations they had experienced in their own lives. These role-plays were followed by discussions, where Dr. Joseph offered feedback on how assertiveness could have been used effectively in those situations. This practical approach helped participants internalize the concepts learned during the first session and apply them to real-life situations.

Vote of Thanks and Conclusion

The workshop concluded with a vote of thanks delivered by Aparna, a PhD scholar, who expressed gratitude to Dr. Sunny Joseph, the participants, and the organizers for making the event successful. The session wrapped up at 4:30 PM, with participants leaving with valuable insights and tools to improve their assertive communication. This workshop provided a comprehensive understanding of assertiveness, equipping attendees with both the theoretical knowledge and practical tools to enhance their communication skills. Participants were provided refreshment with tea and snacks

