**Useful links**

The Four Basic Styles of Communication ( passive, aggressive, passive aggressive, assertive communication- description , impact, examples) <https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_FourCommStyles.pdf>

Assertiveness worksheet with case scenarios and support to formulate assertive answers <https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_AssertivenessWorksheet.pdf>