



# Real Support for Real Life

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## Emotional Fitness: Activating Assertiveness

How often do you say “yes” when you really want to say “no”? Do you keep quiet when your opinion differs from others? Does it make you uncomfortable to talk about your accomplishments? Being assertive may not come naturally to you, but it can be developed, bringing many practical, emotional, and professional benefits. Join us to explore what assertiveness is and how to build this skill.

**Wednesday, July 10, 2024**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

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**A Certificate of Attendance** is available for this presentation.

**On-demand replay** will be available starting 2 hours after the live presentation.

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