



Resources – Assertive communication

- <https://www.youtube.com/watch?v=NBkvWCmz2W4>
- <https://www.youtube.com/watch?v=A-CqifOE0Nw>
- <https://www.youtube.com/watch?v=vlwmfiCb-vc>
- <https://www.verywellmind.com/learn-assertive-communication-in-five-simple-steps-3144969>
- https://www.healthywa.wa.gov.au/Articles/A_E/Assertive-communication
- <https://www.psychologytools.com/resource/assertive-communication/>
- <https://www.healthline.com/health/assertive-communication>
- <https://positivepsychology.com/assertive-communication/>