

1. Record Nr.	UNINA9910149172203321
Autore	Byron Lynda
Titolo	Assertiveness // Lynda Byron
Pubbl/distr/stampa	Cork, Ireland : , : NuBooks, , 2004 ©2004
ISBN	1-84621-065-8
Descrizione fisica	1 online resource (28 p.)
Collana	IMI Handbook of Management
Disciplina	158.2
Soggetti	Assertiveness (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	KEY LEARNING OBJECTIVES; WHY BE ASSERTIVE?; SAYING "NO"; DEALING WITH A BULLY; SUMMARY; REFERENCES & FURTHER READING; APPENDIX 1: A COMPARISON OF PASSIVE, AGGRESSIVE & ASSERTIVE BEHAVIOURS; ABOUT THE AUTHOR; ABOUT THE EDITORS; ABOUT OAK TREE PRESS
Sommario/riassunto	Assertiveness is not what you are, but what you do. It's about behaviours. It's also about rights - not about always demanding your rights but being aware of them and getting what you're entitled to without upsetting others - a difficult balance.