



PIVOTAL EDUCATION

BEHAVIOUR, SAFEGUARDING, TEACHING & LEARNING

How Assertive Are You: A teacher's self-audit

Contributed anonymously by a *Taking Care of Behaviour Online* course delegate

For each statement, tick the option that you think most applies to you.

How good are you at...	Skills are well developed	Skills are okay	Skills could be improved
Saying "no" without feeling guilty			
Disagreeing with someone			
Giving criticism			
Responding to criticism			
Asking for help			
Expressing compliments or appreciation			
Speaking up in front of a group			
Telling people how you feel			
Stating your views clearly			
Accepting others' opinions			

Look at your answers. What skills could you develop in order to become more assertive? How could you develop these skills?

All resources in the "Contributions" section of our resource bank have been submitted by delegates on our *Taking Care of Behaviour Online* course. For more information about this practical, self-paced course, please visit: <http://www.pivotaleducation.com/taking-care-of-behaviour-online/>