

STAND UP AGAINST BULLIES!!

Middle School Assertiveness Training
Friday, January 14, 2011

8:30—9:00 am Registration
9:00—2:00 pm Workshop
CESA #3
Conference Room C/D
Lunch will be provided

Assertiveness and Self-confidence

how to help build, boost, and develop self-confidence and assertiveness

When most people talk about wanting to be more assertive, what they usually really mean is:

- 'How can I become more able to resist the pressure of excessively dominant people?'
- 'How can I stand up to bullies?'
- And also, 'How can I exert a little more control in situations that are important to me?'

The assertive personality is the balance between the aggressive and the passive ones. She is not afraid to go after what she wants, but does so in a polite, respectful manner, being careful not to bully. He knows that keeping quiet and allowing others to determine his fate will not produce positive, desired results. Most importantly, she knows that being aggressive and being positive does not feel good.

Why it Matters

Children who are assertive grow up with a healthier self-esteem. They do not feel like doormats, learn that their thoughts, opinions and feelings matter, and are more apt to verbally communicate their feelings to others. Bullies seem like they have all the power, but they don't. As they grow up, fewer and fewer people will respect them, and the manner in which they attempt to control others. They typically have trouble developing long-term friendships, and tend to lack true confidence in their own abilities. Bullies are lacking in people skills and because they are not "team players", tend to have a more difficult time in the workplace. Each child has a voice and should feel comfortable being able to express a thought, opinion, or feeling. It is every child's right to be heard.

The Presenter

Lisa Schaefer is founder of "Shine with Schaefer." With over 10 years in the radio industry and 10 years in the education field, Lisa combines her passion for entertaining and educating in her presentations. Lisa's formal training includes degrees in Psychology, Marketing, Counseling and Educational Leadership. Her professional experience includes teaching and counseling at the high school and college level. She has advised a variety of student clubs and organizations including Student Ambassadors, Student Senate, Student Council, National Honor Society, Peer Tutor/Peer Mentors Program.

The Cost to Attend

\$20 per student/adult for CESA #3 Safe and Healthy Schools Member Districts

\$50 per student/adult for non-member schools

**Workshop is limited to 30 student participants. Register early to guarantee your spot!!

REGISTRATION: Registration takes place via [MyQuickReg](#). Register adults and provide number of students and names in NOTES box.

QUESTIONS? - Call Deb Goid (ext.220) or Diane Alm (ext. 210) 800-261-000 or 608-822-3276 – email dgoid@cesa3.k12.wi.us or dalm@cesa3.k12.wi.us.

NOTE: *No refunds will be given after one week prior to training, but substitutes will be accepted.*