Title: Decisiveness

Exercise Code: SLECC003

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies6. Problem Solving Strategies  | Small groupLarge group | 45 min |

# Purpose:

This exercise helps Participants to practice their communication with more decisiveness and assertiveness.

# Description:

Participants work in an even number of groups.

Two groups are paired together. The trainer explains that they will perform a role play about a conversation between two people. Participants may choose a subject for the conversation where the group disagrees.

The entire conversation is recorded on paper. Each group writes down one statement and passes it to the other group. The other group reflects what they should reply and write it down, etc.

The first group must respond only assertively and resolutely, while the other group is free to respond in any way they like: aggressively, passively or assertively.

The conversation goes on for at least 8 statements on each side.

Afterwards, groups provide feedback to each other about their conversation. In particular the assertive group’s responses should be examined to see if they are assertive enough.

When conversations are completed, in the plenum a feedback session is arranged.

# Methods:

Role play, discussion

Assertive or decisive communication - as opposed to passive or aggressive communication is usually the best way to deal with either aggressive communication, or also with passive communiction. The focus of this exercise is on learning how to constantly use assertive communication, not only at the beginning.

# Advice for Trainer:

Mix all groups in a way so that those groups who have not been assertive can now be assertive.

Discussion: Was it easy to be assertive? Was it easy to become aggressive as soon as the other group showed aggression? What happened when the other group was passive? How did you feel about the lack of body language? Did you feel it was more difficult to show assertiveness or did it not matter?

# Source/Literature:

Adapted and modified from Skillsconverged

<http://www.skillsconverged.com/FreeTrainingMaterials/FreeDownloads.aspx>