

3732 West 12th Avenue,
Vancouver, B.C.
17 May 1976

The Executive,
A.U.C.E. Local 1 (U.B.C.)
2162 Western Parkway,
Vancouver, B.C.

FILE COPY

Dear A.U.C.E. members,

Enclosed please find details of the Assertiveness Training Workshop being sponsored by the Provincial Association this summer.

The Provincial Executive is enthusiastic about the potential this workshop holds for the 12 participants, about the larger workshop planned for the fall, when the Summer Workshop participants will share their acquired skills with 50-100 people from all Locals, and about the long-range benefits each Local will gain from having people proficient in these skills. (You may wish to send members of your Contract Committee to prepare them for the ordeal of negotiations!)

We request that your Local register four participants by 15 June 1976, and suggest that the \$12.50 fee per person be borne by your Local.

If you would like further information about the workshop, or if you have any questions at all, please feel free to contact me at work (228-6495) or at home (224-5666).

Yours sincerely,

Margot Scherk

Margot Scherk, Vice-President,
Provincial Association

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encl:

ASSOCIATION OF UNIVERSITY AND COLLEGE EMPLOYEES

ASSERTIVENESS TRAINING WORKSHOP

DATES: 5 Tuesdays, June 29 - July 27, 1976

TIME: 7:30 - 9:30 P.M.

PLACE: U.B.C. Campus, Scarfe (Education) Building, 4th Floor Lounge, 2415 (tentative)

WORKSHOP LEADER: Dr. Sharon Kahn, Assistant Professor,
Department of Counselling Psychology,
Faculty of Education, U.B.C.

Sharon has led several Assertiveness Training Workshops for U.B.C.'s Department of Continuing Education this year. She has experience in teaching courses in counselling women, and is an enthusiastic proponent of assertiveness training for women.

What is Assertiveness Training?

It encompasses many things. First of all, learning to be more positive about ourselves as persons. Learning relaxation skills. Determining what our fears are. Learning to communicate with others more effectively and without anxiety, by being able to express our emotions directly. Learning how to make requests of others, how to refuse requests made of us by others, and how to ask for changes in the behaviour of others.

What is Involved in the Workshops?

Sharon's concept of the course is that it should be a sharing experience. There will be some content (e.g. analyzing what our fears are), acquiring the skill of relaxation, and a great deal of role-playing.

Much of Sharon's material is taken from The Assertive Woman by Phelps and Austin (available at Peregrine Books on West 4th Avenue), and other books such as When I Say No I Feel Guilty. These books would provide interesting pre-reading for the workshops.

Based on her past experience with similar workshops, Sharon feels that her skills are best shared initially with a small group, who would then share their acquired skills as small-group leaders within a larger workshop.

Therefore, this 5-week workshop will be limited to 12 people, whose participation in the workshop will indicate their willingness to assist the Provincial Association Executive in planning and holding a larger workshop for 50-100 people in the Fall, and who will share their skills by leading small groups at this Workshop.

COSTS: \$12.50 registration fee per person. It is hoped that the Local Associations will bear the cost of the registration fee for the 4 people they send.

FURTHER INFORMATION: If you have any questions, please feel free to contact Margot Scherk at 228-6495 (work) or 224-5666 (home).

The Workshop promises to be an exciting learning experience. COME AND SHARE!!