

## february

### Assertive Skills Workshop

Are you tired of getting stepped on by other people? Sick of doing what others want instead of what *you* want?

Many of us are intimidated by interpersonal situations requiring that we assert ourselves in some way, such as turning down a request, asking a favour, giving a compliment, expressing disapproval, etc. Nevertheless, you *can* learn to better understand your interactions with others, to assert yourself caringly, to stand up for yourself, and become more effective getting

you want without violating others' rights, and without feeling guilty.

Assertiveness is a group of skills that can be learned and practiced and generally benefit everyone involved. The information and skills in this informal course can help you interact more confidently with others, feel better about yourself, and enhance your relationships, both at work and at play.

**3 Wednesday evenings, February 6, 13 & 20  
6:30-9:30 pm \$60**

## march

### How to Ask for What You Want

Many of us are so repeatedly and resolutely taught to defer to others, that we frequently feel afraid, guilty and/or ashamed to request what *we* want. As a result, we're inclined to feel deprived, while experiencing a daunting sense of powerlessness to gain satisfaction.

Although it may not be apparent, this disturbing situation *can* be remedied. In this workshop, we'll explore the origin and significance of this dilemma, and learn a variety of concrete ways to effectively reach out for what we want.

**Tuesday evening, March 4  
6:30-9:30 pm \$20**

### Dealing with Difficult People

Death and taxes are inevitable. So are situations with "difficult" people, such as a rigid supervisor, a passive or controlling mate, or an aggressive date. Yet few of us realize that there *are* effective ways to understand and deal with these people, ways that can be learned and practiced.

This course is designed to help you understand why some people *are* difficult, as well as to learn to choose and carry out effective responses. Through mini-lecture, discussion, and skills practice, you'll be encouraged to work on your own difficult situations.

**Tuesday evening, March 18  
6:30-9:30 pm \$20**



**Empowering People**  
seminars & consulting

200-1892 W. Broadway, Vancouver, BC V6J 1Y9

### Schedule of Events

January, February and March 2008

#### January Classes

Support Group	January 7 & 21
Making Sense of Feeling	January 8 & 15
Growing Older	January 14
The <i>Real</i> Facts of Life	January 22
If I Could Change the World	January 28
Singles' Community	January 29

#### February Classes

Support Group	February 4 & 18
Assertive Skills Workshop	February 6, 13 & 20
Growing Older	February 11
If I Could Change the World	February 25
Singles' Community	February 26

#### March Classes

Support Group	March 3, 17 & 31
How to Ask for What You Want	March 4
Growing Older	March 10
Dealing with Difficult People	March 18
If I Could Change the World	March 24
Singles' Community	March 25

#### Coming in April/May/June

Why Relationships Succeed or Fail  
What it Means to Be Human  
Dealing with Stress  
Dealing With Shame  
Dealing With Disappointment

for information:  
32-DO NOW (323-6669)  
[www.empoweringpeople.net](http://www.empoweringpeople.net)  
[empower@whidbey.com](mailto:empower@whidbey.com)

## Singles' Community

Being a single adult is often a time of disturbing incompleteness. Yet, society tends to deal with single people as an afterthought, as an annoying disturbance or—bysome—merely as a source of money.

There's little available and affordable to genuinely help adults succeed in their journeys through singlehood: little support and validation for pursuing careers they can passionately embrace, and little offered to help them learn to successfully engage in rich, fulfilling relationships, and to guide them towards becoming capable, caring and enduring partners and parents.

This "community" of single men and women aims to help remedy these deficiencies by providing validating information and skills practice. At times it'll be a seminar, at times a workshop, at times a discussion, at times a support group.

**Tuesday evenings, January 29**  
**February 26**  
**March 25**  
**6:30-9:00 pm \$5/session**

## classes and workshops

### january

#### Making Sense of Feeling

Feeling is one of the most important issues in our lives. Yet it's confusing, even to many in the helping professions.

It may surprise you to learn that feeling is essentially logical. This workshop is designed to help you learn what it means to feel and how it relates to your life, as well as to help you to sort out and deal more effectively with what you feel.

**2 Tuesday evenings, January 8 & 15**  
**6:30-9:30 pm \$40**

#### The Real Facts of Life

One reason that life is so difficult for most of us is that we're trying to guide our lives with conventional wisdom. Much of it

## Support Group

Trying to deal with the trials and tribulations of life in isolation can be a cold, lonely, and scary experience. This group is an opportunity to safely let your hair down, to "problem-solve" or "trouble-shoot" your particular disturbing situations. Group size is limited to six. We meet every other week. Call if you have questions.

**Monday evenings, January 7 & 21**  
**February 4 & 18**  
**March 3, 17 & 31**  
**6:00-9:00 pm \$20/session**

## Growing Older

Let's share our experiences of growing older, to gain a clearer, more enabling understanding of our aging.

**Monday evenings, January 14**  
**February 11**  
**March 10**  
**6:30-9:30 pm \$5/session**

## If I Could Change the World

*-A Serious Discussion-*

Let's put our heads together to redesign our world

**Monday evenings, January 28**  
**February 25**  
**March 24**  
**6:30-9:30 pm \$0/session**

is inaccurate, distorted, deficient and confusing information and instructions about living life. It hinders and sabotage our journeys. What makes matters even worse is that most of the people around us accept such information as the gospel truth and continually strive to reassure us that it's accurate and correct.

Join us as we explore some of the most disorienting and obstructing of these pronouncements and replace them with clear, correct, accurate and essential information to help ease your way and make your journey more joyful.

**Tuesday evening, January 22**  
**6:30-9:30 pm \$20**

## Registration Form

### January/February/March 2008

(clip & mail to: Empowering People,  
200-1892 W. Broadway, Vancouver, BC V6J 1Y9)

name \_\_\_\_\_

address \_\_\_\_\_

street

city

postal code

phone (h)

phone (w)

email address

Please reserve the indicated number of places in:

Jan  Feb  Mar *Singles' Community* monthly

Jan  Feb  Mar *If I Could Change the World* monthly

Jan  Feb  Mar *Growing Older* monthly

Jan  Feb  Mar *Support Group* bi-weekly

Making Sense of Feeling January 8 & 15

The Real Facts of Life January 22

Assertive Skills Workshop February 6, 13 & 20

How to Ask for What You Want March 4

Dealing with Difficult People March 18

Please keep these schedules coming for one year (\$3) \_\_\_\_

Please send \_\_\_\_ copies of your book, *I Am What I Am, Volume 1*

\_\_\_\_ copies of your book, *I Am What I Am, Volume 2*

(each volume @ \$13.50, both for \$25.00 + \$2.00 postage)

My cheque for \$ \_\_\_\_ is enclosed (Payable to Stephen Linn, Ph.D.)

I'm interested in attending the following sessions:

A Dialogue Between the Sexes  Making Sense of Feeling  
 Dealing With Being Hurt  Relating to The Other Gender  
 Dealing With Conflict  Setting Boundaries  
 Dealing With Critical People  Single Again  
 Dealing With Lateness  Taking Care of You  
 Getting Beyond Depression  Why Relationships Succeed or Fail  
 How to Ask for What You Want  What to Do When Others Aren't Caring  
 How to "Win" An Argument \_\_\_\_\_

I recommend that you send a Schedule to:

name \_\_\_\_\_

address \_\_\_\_\_

(email address is preferred)