Tina Gilbertson

Psychotherapist, Speaker & Author

Assertiveness for Business Professionals

With a simple technique that can be implemented immediately, your employees will be able to:

- Handle complaints appropriately
- Avoid unnecessary misunderstandings
- Say "No" when they need to
- Communicate in a way that inspires respect, understanding, and cooperation

This interactive training integrates **adult learning theory** and **mental health principles** into tried-and-true **assertiveness training** for a brief, impactful tune-up aimed at busy professionals.

You might offer this training to employees:

1) to address areas of concern, and/or
2) as an **employee wellness** benefit.

All participants, including already-skilled communicators, will gain **practical tools** for dealing with **challenging situations** calmly and professionally.

Taught by an experienced and energetic mental health professional, this integrative assertiveness training **gives managers an edge,** turning good leaders & communicators into great ones.

Half-day and full-day trainings, as well as one-on-one coaching, are available. Group training starts as low as $200 per person.

Take communication problems off your plate. Start the ball rolling today with one phone call or email.

Call **303-875-5020** to discuss your needs, or email Tina@TinaGilbertson.com.

About the Trainer

Tina Gilbertson holds a master's degree in counseling psychology and is a Licensed Professional Counselor in Colorado and Oregon. She is a regular contributor to PsychologyToday.com and has been featured in dozens of media outlets, including *The Washington Post*, *The Chicago Tribune*, and *Fast Company*.

The author of a self-help book called *Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them*, which has been published in six countries, Tina is also a Distance Credentialed Counselor who works with individuals around the world, helping families reconcile by supporting effective communication between parents and estranged adult children.

Learn more about Tina and her services by visiting her website, www.TinaGilbertson.com.