



AUTHENTICITY AND ASSERTIVENESS

Objectives

- Identify when you are not authentic and understand why
- Identify what you can do to be more authentic
- Understand the relationship between authenticity and assertiveness
- Increase your assertiveness and sense of self

Overview

Authenticity is about being true to oneself. It is about:

- being self-aware — aware of your own emotions,
- feeling free to express your own thoughts, beliefs and emotions, and
- engaging in direct and honest communication with others.

“*Authenticity* is the sharing of self by relating in a natural, sincere, open and genuine manner.”

“*Assertiveness* is the ability to express yourself honestly and to exercise your rights while being mindful of others’ needs and wants and taking them into account.”