



## Assertiveness Training Workshop Evaluation

Date of workshop: \_\_\_\_\_

Name of Presenter: \_\_\_\_\_

Student Name: \_\_\_\_\_

### Please answer the following questions:

1. Assertiveness is the ability to express yourself and your rights without violating the rights of others. T or F
2. List two of your rights:
3. Aggressiveness means that you express your rights but at the expense, \_\_\_\_\_, and \_\_\_\_\_ of another.
4. Give an example of an assertive “I” statement.
5. It is not always **what** you say, but **how** you communicate that will influence your impact on others. Based on what you learned in this workshop, circle the nonverbal cues (that were mentioned in this workshop) that could negatively influence your impact on others:

voice tone      gesture      eye contact      facial expression      posture  
the way you dress      the way you walk      dancing in the wrong place

### Please circle your satisfaction level: Strongly Agree=SA; Agree=A; Neutral=N, Disagree=D; Strongly Disagree=SD

- |   |    |   |   |   |    |
|---|----|---|---|---|----|
| 1. Did you benefit from the information shared?               | SA | A | N | D | SD |
| 2. Was the information relevant to the topic of the workshop? | SA | A | N | D | SD |
| 3. Was the length of the workshop satisfactory?               | SA | A | N | D | SD |
| 4. Was the location of the workshop satisfactory?             | SA | A | N | D | SD |
| 5. Was the presenter knowledgeable about the topic?           | SA | A | N | D | SD |

### Please share any comments or constructive criticism you may have:

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