

SELF-ASSERTION

Meaning: Self-assertion is the expression of one's own needs, desires, and opinions confidently and respectfully, often enhancing personal and professional relationships.

1. Self-assertion is crucial for building confidence in both professional and personal relationships.
2. Through self-assertion, individuals can express their needs and desires without fear of judgment.
3. In therapy, self-assertion can help clients learn to advocate for themselves more effectively.
4. The workshop focused on techniques for enhancing self-assertion among participants.
5. She demonstrated remarkable self-assertion during the meeting, clearly voicing her opinions and ideas.

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