



Learn how to get your point across – get assertive!

Your Employee Assistance Program (EAP) can show you how

Have you ever thought to yourself, “I know what I want to say, I just don’t know how to say it”? If you don’t ask for what you want, it can lead to stress, frustration and hurt feelings. Whether you want a promotion you deserve, more help around the house or any other change that depends on others, the key to having this conversation is to assert yourself, and get your point across clearly. Your Employee Assistance Program (EAP) is available to help anytime, any day. So if you want to learn how to ask for what you want, ask us!

Want to learn more about assertive verbal communication? Log on to our website at [anthemEAP.com](https://www.anthemEAP.com)

Login: Commonwealth of Virginia this month to read about these topics:

- *Assertiveness skills*: How to use honest communication to gain control of your life
- *Learn to communicate assertively at work*: A review of the three types of communication
- *Assertive communication*: A step-by-step look at how to be heard
- *Tips for assertive communication*: 6 parts of a strong message



Visit our website or call for free, confidential help from our team of EAP experts.*

[anthemEAP.com](https://www.anthemEAP.com)
Login: Commonwealth of Virginia
1-855-223-9277

* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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