



March Personal Development

Can you take on this month's challenge?

Personal Challenge

Being assertive is a character trait often under-developed for a lot of individuals. Having the confidence to speak up can be difficult, but assertion can help make your communication skills better and help you express yourself more honestly. It's all about finding the right way to get your point across without being aggressive.

Tips to improve your assertiveness could include working on using body language - make eye contact and listen actively, but make sure you don't cross your arms as this could be confrontational. Use 'I' statements to demonstrate ownership of your opinion, keep your emotions in check, and practice saying 'no' to things you don't agree with or don't want to do (without rudeness of course!) Give it a go and feedback on how you've found this challenge!



Active Citizenship Challenge

International Women's Day falls on the 8th March, so why not spread some love and appreciation to the women in your life, workplace, and community? You could host a coffee morning, give a flower to a passerby, share positive posts on social media, and study the biography of an inspiring woman.

IWD is the perfect opportunity to take inspiration from those around us and pass this on to others through our actions and intentions. It's well-known that still in 2024, women's equality is a world-wide issue and this annual event aims to raise awareness and funds for charities supporting those in less-developed countries.

The theme for this year's IWD is **Inspire Inclusion**, so what could you do to be more inclusive in your every day life? Could you be more mindful of workplace chat, or perhaps support your partner at home more? Make sure you share your stories with us!

