



FOR IMMEDIATE RELEASE
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LEARNING TO HAVE ASSERTIVE COMMUNICATION

FAIRFIELD, CA. – Having the communication skills to honestly express your opinion while being respected is an essential component of effective leadership.

It is an element of assertive communication, or the ability to express your feelings, attitudes and rights in a way that doesn't infringe on the rights of others, and promotes a self-enhancing behavior.

On Tuesday, April 22, Solano Community Foundation will present a workshop called "Assertive Communication," an interactive and experiential training session designed for Executive Directors and Management Staff of nonprofit organizations who are interested in learning about confrontation, handling difficult situations and getting to resolution.

This free workshop will be held from 9 a.m. to noon at the Solano County Office of Education, Blue Rock Springs Room, 5100 Business Center Drive in Fairfield. Light snacks and Starbucks Coffee will be provided.

This is the second workshop in a three-part series presented by Rochelle Sherlock, a trainer with 10 years experience in the field of social service, covering a myriad of topics ranging from communication to strength-based case management and interpersonal effectiveness. She is one of the most requested trainers through the Columbia College Foster Kinship Care Education program and has offered workshops through the U.C. Davis Extension Center for Excellence.

Space is limited to 40 participants and registration is required. Contact Jennifer Bush at 707.399.3846 to reserve a spot.

The Solano Community Foundation was established in 1995, incorporated in 2000, and is dedicated to strengthening the community now and for future generations. It is a 501c(3) organization which provides the opportunity for donors to make a lasting contribution to causes in Solano County that are close to their hearts, and to build capacity in the nonprofit community. Stephanie Wolf, President and CEO of the Solano Community Foundation, can be reached at 707-399-3846.

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