

ON BEING ASSERTIVE

by:

Robert B. Manalansan

Teacher I, Mariveles National High School - Poblacion

We must be cognizant that there are times in our careers as educators when we wish we could be bolder with our opinions. We applaud colleagues who can convey themselves clearly. We often approach them and ask them to speak for us because we lack the guts to do it ourselves. We may have felt inadequate at the time, but by learning to be somewhat more assertive, we can stand openly for ourselves and blossom into strong and capable communicators.

Assertive conduct, as a means of conveying one's demands and expectations, is a valuable behavioral skill since it is neither hostile nor docile. As a corollary, assertive individuals are infrequently bullied or coerced, and they transmit their viewpoints while respecting others' tolerance levels. People's propensity to rise out for, oppose, and represent the interests of oneself as well as their own ideals, interests, and aspirations are termed as assertiveness.

Becoming assertive encourages you to convey your demands and requirements with greater authority while staying fair and compassionate. It can also aid you to gain assurance in yourself and fortify your psychological state. Other perks of assertiveness include the potential to deliver outstanding managers and leaders, bargain effective "win-win" resolutions, mold stronger doers and problem solvers, alleviate anxiety and stress, and foster more workplace morale.

Nonetheless, take note that assertiveness, especially in a school realm, posits the risk of heading too far. You may terminate listening to others if you grow into desperately pushy, even if they have tangible ideas. This will only serve to undermine your coworkers and sever ties. To circumvent this, commence with incremental measures until you

decipher out what works finest for you at the workplace. A little assertiveness used at the appropriate times might enable you to build your character and identity.

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