

Working Remotely: Tip of the Week

Speaking Assertively

How do you speak up to have your ideas or reactions heard? How do you speak up when facing an uncomfortable situation? While tolerance is necessary, you also need to share your thoughts and do so in a respectful manner. You want to be heard and have your perspective understood. Our emotions can quickly control our responses, so it is important to learn to pause first (take a deep breath!) and think how you want to respond using careful language.

Today's tip offers a resource that uses assertiveness as a base for communicating with others. [Watch a five-minute video](#) on how to speak assertively by using several key components. Learn to speak up and address issues as they occur without the fear of coming across as critical or wanting to tear others down. Being assertive is all about choosing the best words.

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e> and watch for the next tip on Monday, July 27.

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