



Building confidence and assertiveness

Age range: 16-19

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Case study – Charbrew

Adam Soliman started the company in 2009 with £5000 capital. It is now a million pound business.



What are the challenges?



Starting a university course



Taking up a volunteering opportunity overseas



Moving away from home for a first job



Starting an apprenticeship

Words to describe behaviour: what do they mean?



Aggressive

Assertive

Passive

Passive

Accepting or allowing what happens or what others do without active response or resistance

Assertive

Stating your needs and opinions clearly so that people take notice; confidence and directness in claiming your rights or putting forward your views while taking the views of others into account

Aggressive

Inclined to behave in an actively hostile and emotional way

Top tips

