



RISE Center at UCLA
Heal. Connect. Thrive.

Lack Assertiveness?

Do you want to become more assertive and confident in your relationships?

Sign up for Therapy Assisted Online (TAO) Modules!



The TAO self-help platform was built to support student educational and skill development needs in the areas of mental wellness and overall well-being. You can use TAO at your convenience and pace. Free for all UCLA students, staff, and faculty.

Assertiveness and Power Module

| Session Title | Time | Session Benefits |
|---|---------|---|
| The Cognitive Response System | 15 mins | Learn how your body responds to stress and anxiety |
| Defining Thoughts, Assumptions, and Core Beliefs | 15 mins | Identify underlying processes in your thoughts to communicate effectively |
| Different Types of Communication | 45 mins | Identify communications pitfalls and assertive communication strategies |
| Understanding and Avoiding Drama in Relationships | 25 mins | Understand strategies to help avoid drama and improve relationships |
| Problem Solving Model | 25 mins | Learn 4-steps for recognizing what you can and can't change in situations |

How to get started with the Module:

New User Instructions



- 1) Scan the QR Code or Visit: tinyurl.com/TAOassertiveness21
- 2) Enter name and UCLA email
- 3) Click Sign Me Up!

Existing User Instructions

- 1) Visit US.TAOconnect.org.
- 2) Click on My Profile and enter enrollment key: Assertiveness 21
- 3) Press submit and go to Dashboard to view modules in your to-do list.