



Develop your **assertiveness** to improve your interpersonal relationships

The stakes

When people with legitimate viewpoints disagree, conflicts can arise simply for emotional reasons. If one party feels aggressed, energy may easily be diverted from a constructive search for a solution. However, the way we manage our interpersonal relationships has a decisive impact on the emergence of tension. We can therefore perform better by adopting a positive mindset when we address sensitive discussions or are involved in a conflict, whether or not this attitude is objectively justified.

Develop a positive mindset

Assertiveness is defined as the ability to assert one's point of view while respecting that of others. It is the best way to develop constructive relationships.

