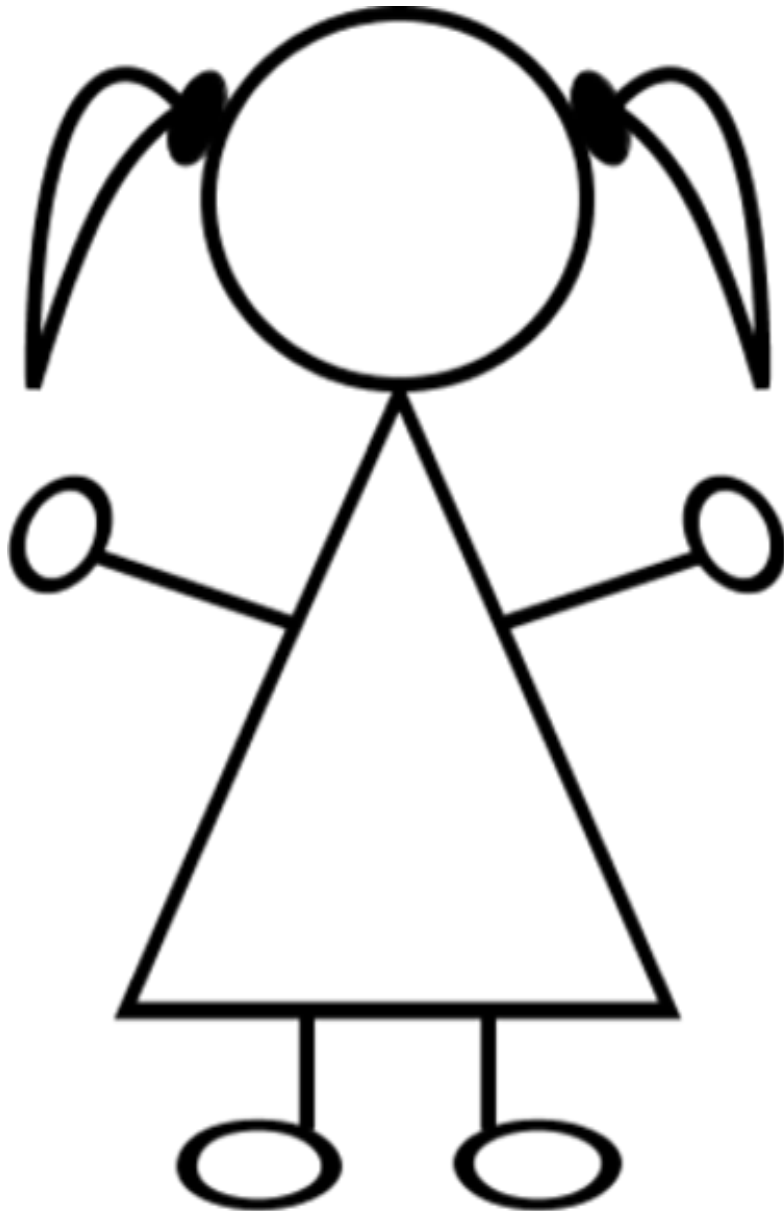


# Assert Like GURT



**G**ain confidence or **Get a Grip**

**U**nderstand the other person

**R**espect yourself and others with words and...

**T**one