



ASSERTIVENESS TRAINING COURSE

"Be gentle with yourself. You are a child of the universe, no less than the trees and the stars." -Max Ehrmann

Assertiveness Skills Course is designed to help participants develop the necessary techniques to foster effective relationships. Through interactive activities, lectures, and discussions, this course will teach students how to be assertive in any situation. Learn communication strategies that enhance assertive behavior, such as active listening, clear communication, and negotiation skills. Develop the tools for effective assertive expression; including self-confidence, adaptability, mutual respect, and problem-solving. Gain skills to deal with difficult people and challenging situations in a constructive manner. Participants will gain the confidence to stand up for themselves and their beliefs with clarity, respect, and maturity. Gain the techniques to become confident, assertive, and successful in all areas of life.

Key Course Content:

- Recognise the benefits of being assertive.
- Understand the basic principles of assertive behaviour.
- Avoid manipulation by others.
- Deal with fear and criticism.
- Understand their rights and respect the rights of others.
- Increase self-confidence physically and vocally.
- Apply assertiveness techniques in problem situations.
- Handle aggressive behaviour.
- Provide feedback.
- Make better decisions and reduce stress levels.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.



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