PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness and Self Confidence Training - Online Instructor-led 3hours

REQUEST QUOTE

0.5 DAY COURSE

PD Training's Assertiveness and Self Confidence Course teaches you how to become more confident and comfortable with personal assertiveness, how to cope with other people's negativity and how to respond when someone else is being overbearing or aggressive towards you.

In this empowering course, you also learn how to approach both difficult topics and topics you're passionate about with constructive approaches, including how to say "no" without being portrayed as "offensive," how to use body language effectively, how to express your views and disagreements positively and much more.

This is a practical class that is suitable for all audiences and provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.

These courses are facilitated in English, and are open to people from different industries across the United States, Australia, New Zealand, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities. Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs. See our outcomes in the reviews.

What You'll Gain:

This Assertiveness and Self Confidence Training Course empowers participants with the confidence to be "heard". You will also learn to develop and enhance techniques to communicate politely and assertively without being considered pushy.

Assertiveness and Self-Confidence Training Courses are delivered by **PD Training's** via our 3-hour Online Instructor-led platform in the United States, Australia, New Zealand, Singapore, Malaysia and Hong Kong..

Outcomes

In this course participants will learn to:

- Know how to read aggressive, passive and passive/aggressive behaviour
- Know how to project self-confidence
- Know how to communicate with confidence and how to use your voice effectively
- Know how to write assertively
- Recognise your strengths and build on them
- Deal with workplace challenges to your self-confidence

Modules

Lesson 1: Me, We – Making Your Mark

- Understanding Self-Confidence
- Self-Confidence, Self-Esteem and Assertiveness
- Understanding Me

Lesson 2: How We Behave – Thoughts And Responses

- The Good, the Bad and the Ugly
- Doubt
- Realistic Concern and Doubt
- Projecting Self-Confidence

Lesson 3: Communicating With Confidence

- Body Language

Lesson 4: Mastering Assertiveness – When And How To Use It

- Your Rights
- Getting Over Saying ‘No’
- Ways of Saying 'No'
- Being Assertive Towards your Manager

Talk to our expert team

Phone:

Email: