PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness & Self Confidence Training

REQUEST QUOTE

1.0 DAY COURSE

This Assertiveness and Self Confidence Training Course teaches you how to recognize your self worth and empowers you with the confidence to assert yourself in any situation without feeling or appearing "pushy" to others. In this comprehensive personal development course, you will learn and develop techniques to communicate in a polite yet assertive manner.

After attending this course you'll learn how to discover your own personal worth, how to use effective body language, how to express disagreement in a positive manner, how to speak with confidence, how to say "no" without offending and much more. People tell us that this course has changed their lives, so learn how to improve your self-confidence and assertiveness by booking your seat today!

This comprehensive and valuable training course is now available across the U.S., including Atlanta, Austin, Baltimore, Birmingham, Boston, Charlotte, Chicago, Dallas, Houston, Jackson, Los Angeles, Manhattan, Miami, New York, Orlando, Philadelphia, San Antonio and Seattle.

What You'll Gain:

Self-confidence and assertiveness are two behaviors that are crucial for success in life. If you don't feel worthy, and/or you don't know how to express your self-worth when communicating with others, life can be very painful.

This **Assertiveness and Self Confidence Training** program will provide participants with an understanding of what assertiveness and self confidence each mean (in general and to them personally) and how to develop those feelings in their day-to-day lives.

Outcomes

By the end of this training course, participants will:

- Understand what it means to be assertive and self-confident
- Learn that it's okay to speak up and to stand up for what they believe
- Develop techniques to confidently express opinions & needs

- Learn to say no without being rude or seemingly disinterested
- Recognize that they are important and that their opinions are valid and worth of consideration
- Learn to identify & eliminate negative thinking and self talk
- Master effective communication
- Learn to set achievable goals in line with personal values
- Learn how to "feel the part", "look the part", "sound the part" and "become the part"
- Learn strategies for dealing with difficult behaviors in other people

Modules

Lesson 1: Me, We – Making Your Mark

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

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

- Projecting Your Voice
- Body Language
- Assertive Listening

Lesson 4: Self Confidence – Building It And Rebuilding It

- Building on Your Strengths
- Confidence Spoilers
- Building Confidence – Four Areas of Focus
- Workplace Challenges to Self Confidence

Lesson 5: Mastering Assertiveness – When And How To Use It

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

Lesson 6: We’re All Different – Asserting In A Global World

- The Cultural Dimension of Assertiveness and Self-Confidence
- Social Media and Self-Confidence

Talk to our expert team

Phone:

Email: