



Assertiveness and self-confidence

Benefits to you:

This workshop is an opportunity for you to explore assertiveness and to work on building your self-confidence. It focuses on a range of behaviours that are evident in the workplace and how to build bridges. Giving you the opportunity to develop your self-confidence skills and helping you to perform more effectively and build rapport with your peers

- Assertive, Passive and Aggressive behaviour
- how to identify and work effectively
- Tips on developing an assertive style

Networking opportunities with other practitioners and the benefits of shared practice.

Benefits to your business:

The workshop places an emphasis on developing your staff to become more assertive and give them the opportunity to make decisive decisions. Allowing them more autonomy and empowering them with self confidence
Areas of improvement include:

- More confidence
- An understanding the personalities effect relationships
- The difference between assertive and aggressive behaviour

What the workshop will cover:

Those attending will be encouraged to explore these concepts through a range of activities that include looking at:
What actually is assertiveness against aggressiveness

Key facts

Course title:
Assertiveness and self-confidence

Location:
Off site location

Start date:
TBC

Course length:
1 day course

- Build self confidence in the workplace
- Developing an assertive style
- Confidence in managing your line manager

PLEASE NOTE - We offer this course as a bespoke option, please enquire to find out costs.

Choose from these course options

Course Title	Location	Start	Length
Assertiveness and self-confidence	Off site location	TBC	1 day course