

# Live Webinar - Assertiveness Skills – Getting Your Point Across

**Duration:** 3 hours

**Maximum 10 delegates**

## About the course

Empower yourself to navigate workplace dynamics effectively through this workshop. By the end of this engaging session, participants will acquire an in-depth understanding of assertive, submissive, and aggressive behaviors. They'll discern their own behavioral profile, recognise the impact of non-verbal cues, pinpoint areas for assertiveness improvement in their professional lives, adopt and practice assertive techniques, and develop a strategic approach to handle challenging interactions, particularly with aggressive individuals.

## Course Objectives

By the end of the course, participants will be able to:

- Distinguish features of assertive, submissive, and aggressive behaviors
- Identifying personal behavioral preferences
- Decode non-verbal communication and its Influence
- Recognise opportunities for enhancing assertiveness in the workplace
- Implement techniques for assertive behavior
- Craft strategies to manage difficult and aggressive individuals

## Course Content:

- Understanding the Essence of Assertiveness: Clarifying Misconceptions
- Mastery of Assertive Skills and the Benefits of Assertive Techniques
- Cultivating Positive Thinking and Heightened Self-Awareness
- Managing and Shaping Internal Dialogue for Personal Growth
- Strategies for Building Confidence and Elevating Self-Esteem

## Who should attend?

Ideal for professionals seeking to bolster their assertiveness, cultivate a confident and credible presence, and fortify effective workplace relationships. Suited for individuals who rely on influence rather than positional authority to achieve their objectives.

## Conclusion

Equip yourself with indispensable tools to navigate the complexities of workplace interactions confidently. This course provides a transformative learning experience that empowers individuals to master assertiveness for professional success and harmonious collaboration.