

Assertiveness

What does assertiveness *really* mean? How do I become more assertive? These questions and many more are answered in this one day course designed to equip delegates with the practical skills and techniques to effectively employ assertive behaviour

Who is it for?

This programme is designed for anyone who would like to choose assertive rather than passive or aggressive behaviour.

What do I get out of it?

- ✦ Learn how to recognise assertive behaviour in yourself and others
- ✦ Develop an understanding of how our own behaviour can influence that of others
- ✦ Build on your assertiveness skills by exploring assertive language and non-verbal communication

Course Overview

- ✦ Assertiveness Self Perception
- ✦ Defining assertive, aggressive and passive behaviour
- ✦ Betari's Box – How behaviour breeds behaviour
- ✦ Assertiveness in different situations
- ✦ Assertive language and non-verbal communication

What's it about?

Assertiveness is one of the most effective behavioural skills, and something we often choose not to use by displaying aggressive or passive behaviour instead. The session focuses on identifying, recognising and developing assertive techniques using a range of practical activities

