

Title: Assertiveness

Aims: To develop participant's skills and confidence in asserting themselves

Objectives: Understand what assertiveness is
Practice effective techniques to develop assertiveness
Explore situational Assertiveness
Understand the theory of assertiveness

Target Audience:

This course is designed to improve participants' assertiveness skills. It will increase participant's awareness and confidence levels and enable them to use a range of techniques to more effectively develop their assertiveness.

Programme

- Introductions
- Understanding assertiveness
- Situational assertiveness
- Psychology of assertiveness
- Emotion v Cognition
- Assertiveness techniques
- Cognitive constructs of assertiveness
- Coping with nerves
- Understanding confidence
- Self believe

Commentary

This course is an introduction into assertiveness. It covers a range of techniques that can be used to help clients manage their levels of confidence. It enables participants to examine patterns of behavior, and explore situational assertiveness, as well as looking at confidence levels.

By the end of the course, participants often report an increase in their levels of confidence and a growing ability to assert themselves in work situations.