

ASSERTIVENESS & CONFIDENCE BUILDING

1-day Course

WHO SHOULD ATTEND:

Anyone who would like to be more self-confident or who would like to deal with others in a less aggressive or passive way.

OVERALL AIM:

To enable participants to feel more confident in handling difficult situations.

COURSE OBJECTIVES:

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

- Understand more about self-esteem and its importance in dealing with others
- Say 'No' without feeling guilty
- Understand the difference between Assertive, Aggressive and Non-Assertive behaviour
- Negotiate solutions to problems with others more effectively
- Handle criticism in a more constructive way
- Ask for what you need in a positive manner

The programme is very participative and participants will have the opportunity to discuss real situations with others and learn straightforward and effective techniques in a supportive atmosphere without being embarrassed or 'put on the spot'.