

ASSERTIVENESS AND SELF CONFIDENCE

1 DAY PROGRAM

OVERVIEW

The ability to communicate assertively and confidently with our colleagues is an essential skill for success in a professional business setting. It's vital for organisations to have leaders who possess the confidence to delegate work, express their true opinions, share their ideas and ask for what they need done.

In this workshop you'll learn tools and strategies that you can use to get what you want, without denying others what they need. You'll gain confidence, and most importantly, you will know how to put your ideas forward and get what you need from now on – in a fair, empathetic and reasonable way that strengthens your relationships with others.

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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 Email
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 Website
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OBJECTIVES

- Define assertiveness and self-confidence
- Appreciate the importance of body language on how others treat you and how you feel about yourself
- Learn how to overcome negative self-talk to improve feelings of self worth
- Gain the confidence to ask others for help
- Learn how to respond when others ask you to do something you can't do
- Practice strategies to gain positive outcomes and preserve relationships in difficult conversations.
- Contribute your ideas and opinions confidently in day to day conversations and more formal meetings

