

Your Power - Assertiveness Programme

We all need effective strategies to enable us to communicate with others in the fast paced society in which we live and work. Assertiveness is part of these strategies - it lets us say what we mean and allows us to really hear what others have to say.

On this interactive, highly participatory event participants learn to use assertive behaviour and positive thinking to cope with the changes and challenges of today's world.

Event Duration

1 - day

Outcomes

By the time they have completed the training delegates will be able to

- Understand what assertiveness is - and what it is not.
- Consider that behaviour breeds behaviour – that what we give out is what comes back to us!
- Recognise the benefits of assertive behaviour.
- Understand the concept of positive thought - projecting the 'I can' image to the world.
- Be able to express feelings in an open and honest way.
- Recognise the importance of their body language in communication.
- Develop an increased sense of self-esteem and confidence.
- Use appropriate and effective techniques for staying 'in control'
- Give and receive constructive criticism.
- Take responsibility for their lives without judging or blaming others.
- Develop a personal action plan to put the skills into practice in their lives.