

Assertiveness Skills

Written by Administrator

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The aim of this course is to improve your competence and confidence in developing effective relationships and dealing with difficult situations in an assertive manner

Who should attend?

Anyone who would like to who would like to improve their level of assertiveness and build long-lasting relationships

Benefits:

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

- Recognise the difference between assertive, passive and aggressive behaviours
- Apply proven techniques to increase your confidence and skills in being assertive
- Use these skills to deal effectively with difficult situations and to create positive relationships

Course Overview:

- Recognising the difference between assertive, aggressive and passive behaviours
- The underpinning beliefs about assertiveness
- A proven framework for being assertive
- Application of the tools and techniques through practice sessions with feedback
- Dealing with difficult situations
- Asserting your rights
- Action Planning

Style of the Course:

The course is highly active and participative. During the workshop participants undertake activities, exercises and discussions to help them put what they learn into practice.

We can run this course for you in-company at favourable rates for 4 or more people. Please contact us on **01628 526535** or info@thestairway.co.uk