

Assertiveness & Self Confidence Workshop

Self-confident and assertiveness are two skills that are crucial for success in life. When people don't feel worthy, and/or they don't know how to express their self-worth when communicating with others, life can be very difficult. These skills will provide participants with the skills necessary to use the opportunities in order to gain benefit from them in their professional and personal lives.

The Assertiveness and Self-Confidence workshop will give participants an understanding of what assertiveness and self-confidence each mean (in general and to them personally) and how to develop those feelings in their day-to-day lives. These skills will encompass many aspects of the participant's lives and have a positive effect on all of them.

Workshop Objectives:

- Define assertiveness and self-confidence, and list the four styles of communication
- Describe the types of negative thinking, and how one negative thoughts can be overcome
- Explain the difference between listening and hearing
- Define the importance of goal setting, and practice setting SMART goals for assertive behavior
- Utilise methodologies for understanding personal worth and self-affirmation
- Why pleasing appearance and body language are critical for creating a strong first impression
- Positive communications
- Gaining positive outcomes in difficult interpersonal situations



For more information
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