PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness and Self Confidence Training - 3hours

1300 121 400

REQUEST QUOTE

0.5 DAY COURSE

PD Training's Assertiveness and Self Confidence Course teaches you how to become more confident and comfortable with personal assertiveness, how to cope with other people's negativity and how to respond when someone else is being overbearing or aggressive towards you.

In this empowering course, you also learn how to approach both difficult topics and topics you're passionate about with constructive approaches, including how to say "no" without being portrayed as "offensive," how to use body language effectively, how to express your views and disagreements positively and much more.

This is a practical class that is suitable for all audiences and provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Most commonly we use Microsoft Teams or Zoom.

These courses are facilitated in English and are open to people from different industries in all countries especially across Australia, New Zealand, Singapore, Malaysia, Hong Kong, USA and Canada - this is a short but powerful learning experience that gives you global collaboration opportunities. Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs.

****Please note, these classes run to a very tight schedule, please follow the invitation and join the class 10-minutes prior to commencement so you are ready to participate and don't miss a minute!**

What You'll Gain:

This Assertiveness and Self Confidence Training Course empowers participants with the confidence to be "heard". You will also learn to develop and enhance techniques to communicate politely and assertively without being considered pushy.

Our **Assertiveness and Self-Confidence Training Courses** are delivered by **PD Training's experienced trainers** via our 3-hour Online Instructor-led platform. Share knowledge and experiences with like-minded participants from Australia, New Zealand, Singapore, USA, Hong Kong, China and many other locations around the world.

Outcomes

- Know how to read aggressive, passive and passive/aggressive behaviour
- Know how to project self-confidence
- Know how to communicate with confidence and how to use your voice effectively
- Know how to write assertively
- Recognise your strengths and build on them
- Deal with workplace challenges to your self-confidence

Modules

Lesson 1: Me, We – Making Your Mark

- Understanding Self-Confidence
- Self-Confidence, Self-Esteem and Assertiveness
- Understanding Me

Lesson 2: How We Behave – Thoughts And Responses

- The Good, the Bad and the Ugly
- Doubt
- Realistic Concern and Doubt
- Projecting Self-Confidence

Lesson 3: Communicating With Confidence

- Body Language

Lesson 4: Mastering Assertiveness – When And How To Use It

- Your Rights
- Getting Over Saying ‘No’
- Ways of Saying 'No'
- Being Assertive Towards your Manager

Talk to our expert team

Phone: 1300 121 400

Email: enquiries@pdtraining.com.au