PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness and Self Confidence Training

1300 121 400

REQUEST QUOTE

1.0 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.

You will learn about your own personality type as well as other personality types and how to engage others in an entirely new way that provides a path to better communication and improved self-confidence and assertiveness.

PD Training can provide a complete professional development program for your organisation which includes personality profiling and automated training needs analysis, so contact us today to learn more!

Attend PD Training's Assertiveness and Self Confidence Course live online or by booking an in-house course or external group booking in Brisbane, Sydney, Melbourne, Canberra, Adelaide and Perth or Australia-wide.

Looking for a 3-hour Online Live version of the course? Click Here to View Our 3-Hour Virtual Assertiveness Courses.

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.

Join PD Training's Assertiveness and Self Confidence Training Course, or have a trainer come to your workplace in Brisbane, Sydney, Melbourne, Canberra, Adelaide and Perth or across Australia.

Outcomes

- Understand the differences and links between, self-confidence, self-esteem and assertiveness
- Know what influences self-esteem
- 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
- Understand when and how to be assertive
- Understand assertiveness in different cultures
- How to say 'No' politely

Modules

Lesson 1: Me, We – Making Your Mark

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

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

- Projecting Your Voice
- Body Language
- Assertive Listening

Lesson 4: Self Confidence – Building It And Rebuilding It

- Building on Your Strengths
- Confidence Spoilers
- Building Confidence – Four Areas of Focus
- Workplace Challenges to Self Confidence

Lesson 5: Mastering Assertiveness – When And How To Use It

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

Lesson 6: We're All Different – Asserting In A Global World

- The Cultural Dimension of Assertiveness and Self-Confidence
- Social Media and Self-Confidence

Talk to our expert team

Phone: 1300 121 400

Email: enquiries@pdtraining.com.au