

Being Assertive

90 min
½ day

'Positive Behaviour Develops Effective Relationships'

Business Scenario An assertive person is one who is confident to deal with all interpersonal communications with others. Being able to develop the skills of an assertive person is necessary to communicate and behave in a professional manner with people in a positive way.

This session is aimed at those people who want to be more assertive and wish to use assertive behaviour to develop effective relationships with others.

Your Booster Session

- Understanding assertiveness
- Developing assertive skills
- Managing conflict and assertiveness
- Using assertion in your everyday life

Action Planning - What will You do?

In addition to joining in with discussions and exercises you will gain knowledge of the tools and techniques to help you create an Action Plan for future success.

Flexibility of Delivery

Active Knowledge Bites™ may be delivered pre-course, post-course or stand-alone; designed as motivational, thought provoking sessions for high impact information sharing and supported with relevant exercises, material and Action Planning to apply new ideas back into the workplace.

Sessions may be tailored and extended to a half-day course.

*Active Knowledge Bites™
Turning Learning into Action...*

