



Assertiveness and Self- Confidence Skills A one or two day Seminar

Self-confidence and assertiveness are two skills that are crucial for success in life. If you don't feel worthy or don't know how to express your self-worth when communicating with others, life can be very painful. This workshop will give you an understanding of what assertiveness and self-confidence means and how to develop these feelings in your day-to day life.

What you will learn:

- Recognize the link between assertiveness, self esteem and self-confidence
- Understand the importance of language and body language for assertiveness
- Understand your personal style when dealing with difficult people or situations
- Identify the best approach to use when voicing ideas and opinions to colleagues and managers
- Deal with criticism, confrontation, anger, negativity and praise effectively and positively
- Encouraging self development- learn how to receive criticism in a way that enables you to make improvements
- Overcome feelings of apprehension with colleagues in a more confident and productive manner
- Forge more productive working relationships and avoid offending or alienating others