PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness & Self Confidence Training

5808 8521

REQUEST QUOTE

1.0 DAY COURSE

Assertiveness and self-confidence are fundamental personal and interpersonal skills. Being assertive and self-confident enable you to stand up for your personal rights and express your feelings, principles, interests and thoughts in comfortable, sincere and appropriate ways.

This Assertiveness and Self-Confidence training course empowers you to express yourself in a clear and sensible way in all your interactions with other people; whether with family members, friends, colleagues, employers or clients. In this training, you will gain knowledge on different techniques to communicate in a respectful and assertive approach, without appearing overly ambitious or aggressive.

Individuals who have undergone this training reported that this course has changed their lives.

Join an Assertiveness and Self-Confidence Training Course, or have a trainer come to your workplace anywhere in Hong Kong, including Central.

This Assertiveness & Self-Confidence training course can be delivered at your premises by one of our expert local or international trainers or live online using our HIVE technology.

Contact us today for a quote.

What You'll Gain:

Assertiveness and Self Confidence are two behaviors that are crucial for success in life. If you don't feel worthy, and/or you don't know how to express your self-worth when communicating with others, life can be very unfulfilling.

In this Assertiveness and Self Confidence Training Course people learn how to become more willing and able to communicate, share their opinions and get more proactive in shaping their life and interactions with others.

Whether it is learning how to say 'I believe', telling yourself 'it's Ok to give it a go' or getting better at saying 'No' this course will empower you and help you in many aspects of your life.

Outcomes

In this course you will:

- Understand what it means to be assertive and self-confident
- Learn that it's okay to speak up and to stand up for what they believe
- Gain techniques to confidently express opinions & needs
- Learn to say 'no' without being rude or seeming disinterested
- Recognize that you are important and that your opinions are valid and worthy of consideration
- Learn to identify & eliminate negative thinking and self talk
- Become a more effective communicator
- Learn to set achievable goals in line with personal values
- Discover how to "feel the part", "look the part", "sound the part" and "become the part"
- Be able to recognize and deal with difficult behaviors in other people

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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

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

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

- Being Assertive Towards your Manager

Talk to our expert team

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