



Assertive behaviour

The course that changes peoples lives - really.

A development course that really delivers for people who lack assertiveness. It opens up a whole realisation that assertion is not on the continuum between passive and aggressive as many would claim, but is a behaviour on it's own.

1

Course outline

What is assertiveness; Barriers to assertion; Thinking assertively; Feeling assertive; Staying in control of feelings; Standing your ground; Making the change.

2

Learning outcomes

An understanding of how assertion differs from passive and aggressive behaviours; The ability to identify personal barriers to assertion and what to do about them; How to change the mindset to become more assertive; How to manipulate overwhelming feelings to stay in control; Superb techniques that anchor assertive behaviour; An understanding of what and how to change.

