

Assertiveness & Facing your Fears ***- a workshop***

“Never allow a person to say no who doesn’t have the power to say yes”.
(Eleanor Roosevelt)



What? A workshop designed to increase the chance of success in any human interaction

How? Through the use of confidence building tools and techniques, media observation and physical practice and coaching.

Who? People looking to communicate successfully in a professional manner and experience the results of doing so.

Objectives:

By the end of this workshop delegates will be able to:

- recognise the link between assertiveness, confidence and self-esteem
- identify the best approach to use when voicing ideas and opinions
- demonstrate how they may handle difficult situations and people confidently and assertively
- deal with negative behaviour effectively and positively
- develop techniques for better working relationships using assertiveness