



## Developing Confident and Assertive Behaviours

*Duration: 1 day*

### Course Overview

Welcome to the "Developing Confident and Assertive Behaviours" masterclass! This empowering workshop is designed to equip participants with the essential skills to cultivate confidence and assertiveness in both personal and professional settings. Confident and assertive behaviours are vital for effective communication, setting boundaries, and achieving personal and career growth.

In this training, you will learn strategies to boost self-confidence, communicate assertively, and handle challenging situations with poise. By the end of this programme, you will have the confidence and capability to express yourself effectively, stand up for your rights, and handle interpersonal interactions with clarity and conviction.

Whether you are a professional looking to enhance your leadership skills, an individual striving for personal growth, or someone seeking to improve communication in various social settings, this programme will empower you to embrace confidence and assertiveness as empowering tools for success.

Join us for an interactive and transformative learning experience that will elevate your self-assurance and help you achieve positive and assertive communication in all aspects of life.

### Who should attend?

This programme is suitable for professionals from all industries and roles who want to develop their confidence and assertiveness. Whether you are a team leader, manager, aspiring leader, or individual contributor, this training will benefit you if you aim to enhance your communication skills, set boundaries, and navigate challenging situations with self-assurance.

### Context

This course is designed to instil strategies to boost self-confidence, communicate assertively, and handle challenging situations with poise.

### How certification is earned

Upon successful completion of this course, you will be awarded a certificate of attendance from Expleo Academy.

### Prerequisites & pre-reading guidelines

There are no specific prerequisites for this course.

### Related courses

Attendees may also be subsequently interested in

- Developing Negotiation Skills
- Human Relations and Interpersonal Skills

### Course Objectives

On completion of this training, attendees will be able to:

- Understand the Importance of Confidence and Assertiveness:
  - Recognise the significance of confidence and assertiveness in personal and professional growth.
  - Identify the barriers to confidence and assertiveness and methods to overcome them.
- Cultivate Self-Confidence:
  - Embrace techniques to build self-esteem and self-assurance.
  - Overcome self-doubt and develop a positive self-image.
- Develop Assertive Communication Skills:
  - Practice assertive communication techniques to express needs and opinions clearly.
  - Set and maintain boundaries while respecting the rights of others.
- Handle Challenging Interactions with Assertiveness:
  - Apply assertiveness in handling conflicts and difficult conversations.
  - Respond confidently to criticism and feedback.
- Embrace Confidence in Professional Settings:
  - Utilise confidence and assertiveness to enhance leadership skills.
  - Leverage assertiveness in negotiations and decision-making.
- Implement Confidence and Assertiveness in Daily Life:
  - Integrate confidence and assertiveness into various personal and professional interactions.
  - Sustain the development of confidence and assertive behaviours over time.

## Course Outline

### Introduction to Confidence and Assertiveness

- Understanding the significance of confidence and assertiveness in personal and professional growth
- Identifying barriers to confidence and assertiveness and strategies to overcome them

### Cultivating Self-Confidence

- Embracing techniques to build self-esteem and self-assurance
- Overcoming self-doubt and developing a positive self-image

### Developing Assertive Communication Skills

- Practicing assertive communication techniques to express needs and opinions clearly
- Setting and maintaining boundaries while respecting the rights of others

### Handling Challenging Interactions with Assertiveness

- Applying assertiveness in handling conflicts and difficult conversations
- Responding confidently to criticism and feedback

### Embracing Confidence in Professional Settings

- Utilising confidence and assertiveness to enhance leadership skills
- Leveraging assertiveness in negotiations and decision-making

### Implementing Confidence and Assertiveness in Daily Life

- Integrating confidence and assertiveness into various personal and professional interactions
- Sustaining the development of confidence and assertive behaviours over time

Develop your confidence and assertiveness through this transformative masterclass and unlock your potential to communicate effectively and achieve personal and professional success. Join us to become a more self-assured and assertive communicator who embraces opportunities and navigates challenges with conviction.

### Training Methodology

This masterclass adopts an interactive and experiential approach. Participants will engage in role-plays, group discussions, real-life scenarios, and practical exercises to apply confidence and assertiveness concepts in diverse situations. Trainers with expertise in communication and personal development will provide personalised feedback and guidance to enhance participants' abilities. The training will foster a supportive and collaborative learning environment, enabling participants to practice and develop confident and assertive behaviours effectively.

## Contact

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