

Self-Confidence and Assertiveness

“Confidence is always the best accessory. Own the moment. Own your space.” Andrena Sawyer

Self-confidence and assertiveness are two skills 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 challenging. These skills not only empower you with the confidence to be “heard”, but also provide opportunities and benefits in your professional and personal life.

Our Assertiveness and Self-Confidence workshop will give participants an understanding of what assertiveness and self-confidence each mean (in general and to them personally) and how to develop those feelings in their day-to-day lives. Through this course, participants will be able to develop and enhance techniques to communicate politely and assertively without being considered aggressive.



Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Utilise methodologies for understanding your worth and how one can overcome negative thoughts.
2. Practice strategies for gaining positive outcomes in difficult interpersonal situations.
3. Understand assertiveness in different contexts.
4. Recognise how to communicate with confidence both verbally and non-verbally.

WHO IS THIS FOR?

This course is suited for everyone in any organisation!

COURSE CONTENT

1. What does self-confidence mean to you? What is assertiveness? What is self-confidence?
2. Obstacles to our goals: types of negative thinking and personal application.
3. Communication skills; listening and hearing; they aren't the same thing, asking questions, body language.
4. The importance of goal setting; why goal setting is important, setting SMART goals, our challenge to you.
5. Feeling the part; identifying your worth, creating positive self-talk, identifying and addressing strengths and weaknesses.
6. Looking the part; the importance of appearance, the role of body language, first impression counts.
7. Sounding the part; it's how you say it, sounding confident, using 'I' message.
8. Powerful presentations; what to do when you're on the spot, using STAR to make your case.
9. Coping techniques; building rapport, expressing disagreement, coming to consensus.
10. Dealing with difficult behaviour; dealing with difficult situations, key tactics.

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