

ASSERTIVENESS AND SELF-CONFIDENCE

ESSENTIAL SKILLS FOR BUSINESS SUCCESS



Personal development that enables you to reach your goals.

Assertiveness is an essential business skill; it enables you to voice your ideas, appropriately engage others in your decisions and articulate your point of view with clarity and conviction.

There is a direct correlation between self-confidence and assertion. When we acquiesce to the beliefs of others, our lack of self-belief can kick in. We may even perceive that we don't have a viable alternative, based on low levels of esteem we may hold about ourselves.

Assertiveness requires sound judgement. Understanding when to be accommodating by taking a more flexible approach to a situation or a colleague's point of view and when it is appropriate to articulate a strengthening argument or an altogether different point of view is a skill that can be learnt.

This course enables learning and practice in a safe environment, helping you to gain confidence in making positive, proactive and assertive statements in any given situation.



2 Day course

Comprehensive materials

Immediately applicable skills

PRACTICAL, APPLICABLE LEARNING

A very practical workshop with regular practice to develop skills, using proven tools and techniques. Immediate applicability into the workplace for improved results.

For more information, visit tackinternational.com or call us on +44 (0)1923 897 900

THIS COURSE WILL ENABLE YOU TO:

- Put your thoughts across in a clear and coherent manner
- Determine when it makes sense to hold back and when to articulate other ideas
- Remain professional at all times, never going beyond what's acceptable when establishing authority
- Practice, practice, practice building assertion skills and self-confidence



WE BELIEVE IN THE INDIVIDUAL

a GI GROUP brand