

How To Be Assertive

This 1 day course is for people who feel they could have more impact and speak up more for themselves.

It is also ideal for people who are seen as having an aggressive style who need to learn how to express themselves in a more acceptable way.

The course will explain the difference between being assertive and being aggressive and will look at how we communicate through verbal and non-verbal means.

It will show when, and how, to be assertive and how to deal with other people's responses.