

ASSERTIVENESS

1-Day Program



Assertiveness can help you control stress, anger and improve coping skills. Being assertive is a core communication skill. Being assertive can also help boost your self-esteem and earn others' respect. Assertiveness helps in improving Interpersonal Relationships at work as well as in personal life. This assertiveness training by DOOR helps professionals recognize their communication patterns, reflect on behaviors they have acquired and recommend ways to improve them.

Assertiveness



Topics

- + What is assertiveness
- + Myths about assertiveness
- + The effects of being unassertive
- + Ways to become assertive
- + Identify obstacles to be assertive

Training Objectives

At the end of this training you will be able to:

- 1 Equip self with skills and knowledge to communicate more confidently and effectively.
- 2 Apply techniques necessary to be more assertive.
- 3 Understand and recognize Aggressive, Passive and Assertive behaviors and adapt to suit the same.
- 4 Say 'No' without having to negatively impact the relationship.

Duration

1 Day

THERE IS BOLDNESS IN #BEING ASSERTIVE; THERE IS STRENGTH AND CONFIDENCE.

Program Schedule

DAY ONE

Communications styles

- + Assertive
- + Aggressive
- + Passive
- + Passive-Aggressive

What is Assertiveness

- + Definition of Assertiveness

Myths about Assertiveness

- + Understand 3 myths about Assertiveness
- + Introspect on own thoughts

Develop an Assertive attitude

- + Behaviors of an Assertive person
- + Benefits of becoming Assertive
- + Ways to become Assertive

More information

If you would like to discuss any one of our programs please contact us.

T +49 (0) 611 157 59 00

E info@doortraining.com