

Assert yourself

- Learn to ask for what you want and to say "no" calmly

Do you want to be more comfortable at challenging meetings? Are you making your self clear when expressing your opinion or asking for what you want? Do you find it difficult saying "no"? This course will take you past the roadblocks to clarity.

Course contains

This course in assertiveness training will improve your knowledge, courage and practical skills in communication. Learn the four behavioural styles and identify your own strengths and challenges. Connect with your personal rights as the ethical base for equality in communication. Get hands-on training with feedback to improve your assertiveness skills in common workplace situations.

Themes:

- Learn the four styles of communication and their impact on relations
- Read your own behaviour – and that of other people
- Accept and use your personal rights
- Find your powerful body language
- Learn how to say no respectfully
- Express feelings in self-disclosure
- Confront aggressive or submissive behaviour
- Give and receive criticism constructively.

Benefits for you

- You connect to your personal power in attitude and behaviour
- You express appreciation and disagreement respectfully
- You get hand-on tools to receive and give criticism in a manner that reflects equality
- You write your personal three-step action plan for improving your own personal power in communication.

Participants

Target group: Persons who want to improve their communication.

Duration

Two-days course from 9 am-4 pm

Read more about our vision of learning at our website, call or email to get an offer for a course in your organization.

www.sallykommunikation.dk

