

Building Assertiveness Skills

Description: Building your self-esteem is essential for confidence and success, and it all begins with you. Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be enormously painful.

During this one-day workshop you will discover some simple techniques that dramatically change how you feel about yourself. You will learn how to recognise the importance of learning self-acceptance and nurturing your sense of self.

- Benefits:**
- ✧ Learn how to create positive self-expectations
 - ✧ Begin setting goals to get more of what you want from life
 - ✧ Develop self-talk messages that help build self-esteem
 - ✧ Identify communication tools to help you be more assertive
 - ✧ Learn how to say no, and when no is the best answer
 - ✧ Learn how to make a positive first impression
 - ✧ Discover ways to connect with people

Duration: One Day

Objectives: This one-day workshop will help you teach participants how to:

- ✧ Grow in the conviction that they are competent and worthy of happiness
- ✧ Make a positive first impression
- ✧ Turn negative thoughts into positive thoughts
- ✧ Make requests so that you get what you want
- ✧ Find ways of connecting with people



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- Content:**
- Anxiety Inventory
 - Building your self-esteem
 - Impressions
 - Putting others at ease
 - Make positive first impressions
 - Fake it 'til you make it!
 - Internal self-esteem factors
 - Projecting self-confidence
 - Negative vs. positive thinking
 - Distorted thinking
 - How to wipe out worry
 - Ask for what you want
 - Communication skills
 - Connecting with people
 - Giving and receiving compliments
 - Behaviour Cost-Benefit Analysis

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