



Assertiveness Training

Inspiring Lives, Discovering Futures

The Course

In brief...

Our Assertiveness course provides practical advice and techniques to boost your confidence and self esteem. This workshop will provide you with the opportunity to share experiences with others in a safe environment, understand your own behaviour styles and those of others and develop an achievable plan for communicating and behaving more assertively in both your work and personal life.

What the Course Leads to

What courses can I do after this?

You may wish to attend further business skills or management workshops.

What do I need to apply

To do this course you should have...

There are no formal entry requirements.

Course costs

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
BP01001	Various	£200.00	£200.00	£200.00

* Please note fees are subject to change.

Course Content

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Assertiveness training provides individuals with the skills and knowledge to enable them to communicate more confidently and effectively, using assertive behaviour techniques.

The course offers participants the opportunity to work on their own personal and work situations, where they want to be more assertive. As a result, participants leave our assertiveness skills training equipped with some effective, practised strategies for achieving a more successful outcome

- The course will help you explore
- The different types of behaviours
- Benefits, advantages and disadvantages of each type of behaviour
- Internal beliefs and their impact
- Rights and responsibilities
- The importance and value of body language and voice tone

Key Information

Duration

1 Day

Attendance

Part-time

Level

Other Courses

Qualification Name

College Certificate

Awarding Body

Bournemouth & Poole College

Curriculum Area

Leadership and Management -
Leadership and Management

- Fogging and the broken record technique
- Devise and discuss your own personal ladder to success

Next Steps ...

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Web: www.thecollege.co.uk

Live chat available on the website

