Assertiveness Skills

Designed for you
This assertiveness skills training course is designed for people who want to:

- improve confidence
- learn how to effectively deal with an overload of demands
- deliver confident and assertive, yet non-aggressive messages.

It’s also a great program if you are sometimes perceived to be communicating too powerfully.

Outcomes
Learn how to:

- set and achieve goals
- improve confidence
- deliver an assertive verbal and non-verbal communication style
- improve self-esteem and confidence
- handle difficult people
- create positive relationships
- deal with challenging situations
- ask for what you want
- be assertive, not aggressive.

In-house group training or coaching
Let us deliver this program within your company.

The advantage of in-house delivery is that we can tailor the:

- content to suit your organisation’s needs
- delivery to reflect your procedures, values, examples and terminology. This enhances relevancy and application back to the workplace
- duration to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote
Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at info@icml.com.au.