PROFESSIONAL DEVELOPMENT TRAINING

Assertiveness & Self Confidence Training

09 884 0762

REQUEST QUOTE

1.0 DAY COURSE

PD Training's Assertiveness and Self Confidence Course in New Zealand teaches you how to become more confident and comfortable with personal assertiveness, how to cope with other people's negativity and how to respond when someone else is being overbearing or aggressive towards you.

In this empowering course, you also learn how to approach both difficult topics and topics you're passionate about with constructive approaches, including how to say "no" without being portrayed as "offensive," how to use body language effectively, how to express your views and disagreements positively and much more.

You will learn about your own personality type as well as other personality types and how to engage others in an entirely new way that provides a path to better communication and improved self-confidence and assertiveness.

PD Training can provide a complete professional development program for your organisation which includes personality profiling and automated training needs analysis, so contact us today to learn more!

Attend PD Training's Assertiveness and Self Confidence Course, by booking a public, or in-house course at one of the following locations: Auckland, Christchurch or Wellington.

Contact us today for a group quote or register now into the next Online public course date.

Looking for a 3-hour Online Live version of the course? Click Here to View Our 3-Hour Virtual Assertiveness Courses.

What You'll Gain:

This Assertiveness and Self Confidence Training Course empowers people with the confidence to be "heard". You will also learn enhance and develop techniques to communicate politely and assertively without being pushy.

Join PD Training's Assertiveness and Self Confidence Training Course, or have a trainer come to your workplace in Auckland, Wellington and Christchurch.

Outcomes

In this course you will:

- Understand what it means to be assertive and self-confident
- Learn that it's okay to speak up and to stand up for what they believe
- Gain techniques to confidently express opinions & needs
- Learn to say 'no' without being rude or seeming disinterested
- Recognise that you are important and that your opinions are valid and worthy of consideration
- Learn to identify & eliminate negative thinking and self talk
- Become a more effective communicator
- Learn to set achievable goals in line with personal values
- Discover how to "feel the part", "look the part", "sound the part" and "become the part"
- Be able to recognise and deal with difficult behaviours in other people

---

Modules

Lesson 1: Me, We – Making Your Mark

- Understanding Self-Confidence
- Self-Confidence, Self-Esteem and Assertiveness
- Understanding Me
- Understanding Others

Lesson 2: How We Behave – Thoughts And Responses

- The Good, the Bad and the Ugly
- Doubt
- Realistic Concern and Doubt
- Projecting Self Confidence

Lesson 3: Communicating With Confidence

- Projecting Your Voice
- Body Language
- Assertive Listening

Lesson 4: Self Confidence – Building It And Rebuilding It

- Building on Your Strengths
- Confidence Spoilers
- Building Confidence – Four Areas of Focus
- Workplace Challenges to Self Confidence

Lesson 5: Mastering Assertiveness – When And How To Use It

- Your Rights
- Getting Over Saying ‘No’
- Ways of Saying No
- Being Assertive Towards your Manager

Lesson 6: We’re All Different – Asserting In A Global World

- The Cultural Dimension of Assertiveness and Self-Confidence
- Social Media and Self-Confidence

Talk to our expert team

Phone: 09 884 0762

Email: enquiries@pdtraining.co.nz