

Assertiveness with Results

In this two-day workshop you will learn how to do all of this and more:

- Advance your communication to the next level: No more wasting time wondering if you should say something or not. I will show you how to decide what to say and when to say it.
- Define what is important to you and achieve it: You will be amazed at what you can achieve once you know what it is you want. I will give you the tools to do this.
- Set appropriate limits and expectations: There is freedom in knowing what you will accept and what you will not. I will show you how to prepare for these types of conversations.
- Learn how to say 'no' at the right time: Remember you have the right to make appropriate choices. I will show you how to say 'no' without feeling guilty or worrying if you did the right thing.
- Negotiate for yourself with confidence: You are responsible for yourself. I will show you a way to negotiate that will send a message of strength and self-respect.
- Navigate through difficult reactions: Most assertive exchanges will result in some sort of defensive reaction. Be prepared. I will show you how to stay focused on your intention and listen with respect regardless of the reaction you encounter.
- Be a role model for others: The way you look after yourself and treat others will influence the people around you. I will show you how to communicate with honesty and respect.
- Be in control of your life: This is the ultimate reason to be assertive.