



Self Esteem and Assertiveness

Course Information Sheet

The purpose of our Self-esteem and assertiveness workshop is to make delegates aware that the judgments you make in life, none is as important as the one you make about yourself. You also become aware that

- High self-esteem does not mean that we are arrogant, conceited or insensitive.
- High self-esteem does not mean we never have self-doubts.
- Behaviour, both verbal and visual, is all about communication.
- Your behaviour will affect other people and how they think of you.

About the Programme

Duration: 1 Day or 2 mornings

08:30 to 15:00 or 08:30 – 12:00

Programme Benefits:

Our programme will educate and prepare candidates to understand it is hard to make changes.

One incentive that can help us stick to our new resolutions is to understand the consequences of our actions: the cost and the benefit. Try to identify one behaviour that you want to change and do a cost benefit analysis of it.

Programme Outline

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| • Introduction and Course Overview | • The Power of Thoughts |
| • Anxiety Inventory (Pre-Assignment) | • Wipe Out Worry |
| • Building Your Self Esteem | • Ask for What You Want |
| • Impressions | • Communication |
| • Fake it 'til You Make It | • Connecting with People |
| • Increasing our Self Esteem | • Behavior Cost-Benefit Analysis |
| • Self Confidence | • Passing out Compliments |

Programme material

The programme fee includes all course material

Start Dates

As per client request