

# ASSERTIVENESS TRAINING AND CONFIDENCE BUILDING WITH NLP

## OVERVIEW

During this Assertiveness course you will gain the tools and techniques to boost your confidence and build your self-esteem. will teach you new affirmative techniques to help you achieve a more positive outlook and become more productive in the workplace. Having self-confidence and being able to assert yourself in today's corporate world has become one of the main keys to success. Finding your place, asserting your position, getting what you want without being aggressive and refusing while remaining constructive are crucial in today's complex and changing environment where decisions and power lie in less clearly identified places, where there are often several supervisors, and where daily life rhymes with meeting multiple demands- always urgent and often contradictory.



## OBJECTIVES

RECOGNIZE THE LINK BETWEEN ASSERTIVENESS, CONFIDENCE, AND SELF-ESTEEM.

IDENTIFY THE BEST APPROACH TO USE WHEN VOICING IDEAS AND OPINIONS TO CLIENTS, COLLEAGUES, AND ESPECIALLY SENIOR MANAGERS.

HANDLE DIFFICULT SITUATIONS AND PEOPLE CONFIDENTLY AND ASSERTIVELY.

DEAL WITH CRITICISM, CONFRONTATION, ANGER, AND NEGATIVITY EFFECTIVELY AND POSITIVELY.

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