



# Jumpstart Your Assertive Self

Develop a higher self-worth and enhanced assertiveness quotient.



## Overview

I just can't say  
I can't control my anger  
People are so irritating  
Why does this always happen to me?  
Sound familiar? Well these are all manifestations that hinder your ability to be assertive. SO how do I start being more assertive? For starts- by deciding to take control. By ruthless self-scrutiny. By letting go. By reframing. By learning new habits and behaviours.



## Learning Outcomes

This workshop intends to help learners identify ineffective manifestations of their personality and gives them tools to be more assertive along with ideas to practice assertive communication. It helps learners, to step out of their own comfort zones and create signals to detect non-assertive behaviours in others and manage situations.



## Your takeaways

1. Explore the meaning of Assertiveness
2. Wanting to be and being
3. Rights and Responsibilities of An Assertive Person
4. Assertiveness in Relations
5. Protocols and Guiding Forces
6. Working with non-assertive behaviors and personalities
7. Self-Assess one's own assertive orientation and beliefs



## Program Details

- 90 + 90 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

