



Pushing the Envelope – Being Assertive

What does it mean to be assertive and why is it important? Many organizations measure the success of an individual by the achievement of their goals. An increasing number of organizations are now not only measuring what you delivered in terms of goals but also how you delivered those goals. Being assertive will help you deliver your goals more efficiently but will also improve how you achieve your goals. In this workshop, you will learn assertive techniques that will improve your overall goal achievement and execution. Workshop length and content can be customized to meet your training needs.

How You Will Benefit:

- Understand what it means to be assertive and demonstrate assertive behaviors
- Understand why assertiveness is important
- Learn the differences between passive, aggressive and assertive communication techniques
- Demonstrate assertive behavior techniques using a variety of visual and verbal techniques

What Will Be Covered:

- Explore the differences between assertive, aggressive, and passive
- Learn what assertiveness is and what it is not
- Understand barriers to assertiveness
- Understand traits of assertive people
- Learn the three components of assertive behavior
- Understand sources of conflict
- Use assertive communication techniques to resolve conflict

Who Should Attend:

- Executives and Senior Level Managers
- Individuals in Management and Leadership roles who want to enhance effectiveness
- High Potentials
- Individual Contributors

Let's Get Started?

1. Contact us to get more information
2. We will tailor the program for your audience
3. Execute the training solution

What's Included?

1. Virtual or Classroom facilitation by an expert facilitator
2. Dynamic Interactive Experience
3. Specialized course workbook and materials
4. Personalized certificate of completion