PROFESSIONAL DEVELOPMENT TRAINING

# Assertiveness & Self Confidence Training

3158 3955

REQUEST QUOTE

1.0 DAY COURSE

**PD Training's Assertiveness and Self Confidence Training Course in Singapore teaches you how to raise your self worth and empowers you with the confidence to assert yourself in any situation without feeling or appearing "pushy" to others. In this comprehensive personal development course, you will learn and develop techniques to communicate in a polite yet assertive way and get your point across when required.**

**After attending this course you'll learn how to discover your own personal worth, how to use effective body language, how to express disagreement in a positive manner, how to speak with confidence, how to say "no" without offending and much more. People tell us that this course has changed their lives, so learn how to improve your self-confidence and assertiveness by signing up today!**

**This Assertiveness & Self-Confidence training course can be delivered at your premises anywhere in Singapore by one of our expert local or international trainers.**

**Contact us today for a group quote.**

### What You'll Gain:

Assertiveness and self-confidence are fundamental personal and interpersonal skills. Being assertive and self-confident enables you to stand up for your personal rights and express your feelings, principles, interests and thoughts in comfortable, sincere and appropriate ways.

In this Assertiveness and Self Confidence Training Course, delivered in Singapore, participants learn how to become more willing and able to communicate, share their opinions and get more proactive in shaping their life and interactions with others.

Whether it is learning how to say 'I believe', telling yourself 'it's Ok to have a try' or getting better at saying 'No', this course will empower you and help you in many aspects of your life.

## Outcomes

**In this course you will:**

- Understand what it means to be assertive and self-confident
- Learn that it's okay to speak up and to stand up for what they believe
- Gain techniques to confidently express opinions & needs
- Learn to say 'no' without being rude or seeming disinterested
- Recognize that you are important and that your opinions are valid and worthy of consideration
- Learn to identify & eliminate negative thinking and self talk
- Become a more effective communicator
- Learn to set achievable goals in line with personal values
- Discover how to "feel the part", "look the part", "sound the part" and "become the part"
- Be able to recognize and deal with difficult behaviors in other people

# Modules

### Lesson 1: Me, We – Making Your Mark

- Understanding Self-Confidence
- Self-Confidence, Self-Esteem and Assertiveness
- Understanding Me
- Understanding Others

### Lesson 2: How We Behave – Thoughts And Responses

- The Good, the Bad and the Ugly
- Doubt
- Realistic Concern and Doubt
- Projecting Self Confidence

### Lesson 3: Communicating With Confidence

- Projecting Your Voice
- Body Language
- Assertive Listening

### Lesson 4: Self Confidence – Building It And Rebuilding It

- Building on Your Strengths
- Confidence Spoilers
- Building Confidence – Four Areas of Focus
- Workplace Challenges to Self Confidence

### Lesson 5: Mastering Assertiveness – When And How To Use It

- Your Rights
- Getting Over Saying ‘No’
- Ways of Saying No
- Being Assertive Towards your Manager

### Lesson 6: We’re All Different – Asserting In A Global World

- The Cultural Dimension of Assertiveness and Self-Confidence
- Social Media and Self-Confidence

Talk to our expert team

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