

## Developing Self-Esteem & Assertiveness



**Develop your 'inner' self confidence and overcome those invisible obstacles that hold you back**

### Who is it for?

An essential learning experience for the shy or unassertive who would like to develop their self confidence.

### Overview

The aim of this workshop is to address issues surrounding non-assertive behaviour and to enable delegates to develop strong working relationships with others. It examines ways to build rapport and respect by enhancing communication skills and assertiveness and provides tools and strategies to make real changes in their day to day lives.

### Workshop Objectives:

- Identify personal challenges in behaving assertively and managing conflict.
- Identify the behaviours associated with non assertive styles.
- Use a personality profiling model to assess people objectively.
- Apply a range of strategies to manage conflict.
- Develop assertive behaviours through the application of tools and techniques.
- Define a personal development plan that will assist in developing personal self-esteem and confidence.

### Investment

Total investment for this one day workshop is £140 per person. Alternatively, this workshop can be delivered internally to your organisation for a total investment of £1154. Based on a group size of ten persons, this reflects an investment of £115 per person. This cost includes all relevant materials but excludes any costs associated with the venue.

### Ilm Accreditation (optional)

For an additional investment of £59.00 per person, and on successful completion of this workshop and associated action plan, the Institute of Leadership and Management (ilm) will acknowledge the participant through the Development Award and twelve months ilm membership which includes access to online support materials, study guides and career development support.