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Assertiveness and Self Esteem

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Assertiveness and Self Esteem

Duration

1 day

Overview

Identifying what stops us being assertive in certain situations and how this links to our level of self esteem. What we can do to become more confident and assertive in future.

Objectives

- Identifying what assertiveness is
- Assess the effects of different behaviours – verbal and non verbal
- Review how our level of self esteem will affect the ability to be assertive
- State how to be assertive and use practical examples on a daily basis

Agenda

- Welcome and Introductions
- Our behaviour and its effects:- aggressive, assertive and passive
- Verbal and non verbal elements of behaviour
- What stops us being assertive?
- Lunch
- Self Esteem and its effects on assertiveness
- Rights and responsibilities
- Assertiveness – how to be assertive
- Saying no appropriately
- Assertiveness and tomorrow – planning the way forward



Further Information

Other Information

Suggested follow-up courses: Managing Conflict in the Workplace and Managing Pressure and Developing Resilience

Recommended Reading

- Assertiveness at Work (3rd Ed) Bell & Bain, Glasgow - K Back & Back
- Overcoming Low Self-Esteem, Robinson, London - M Fennell
- Bully in Sight, Success Unlimited, Oxfordshire - T Field