Assert Yourself and Build Confidence Training

Duration: **2 Day**

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Overview

Assert Yourself and Build Confidence is a two-day immersive workshop that empowers participants to communicate with clarity and authenticity in both personal and professional contexts. Through reflective exercises, practical techniques, and real-world scenarios, learners will explore how to maintain composure, speak up with assurance, and manage difficult interactions. The course concludes with the creation of a personalised 12-week confidence accelerator plan, designed to foster lasting behavioural change and support continuous growth.

Prerequisites

There are no formal prerequisites for this course. However, participants are encouraged to complete a psychometric tool—such as Core Strengths: Results through Relationships—or bring insights from previous personal development assessments to tailor their learning journey.

Target audience

This course is designed for:

- Professionals who find it challenging to express their needs or enforce boundaries
- Individuals aiming to build confidence and communicate more assertively
- Anyone seeking to maintain balanced, respectful interactions across diverse scenarios

What You Will Learn

By the end of this course, learners will be able to:

- Describe the principles of confidence and assertiveness and their impact
- Develop a framework for sustaining assertive behaviours
- Reframe cognitive barriers to build a confident mindset
- Apply assertive rights to communicate clearly and respectfully
- Practise setting boundaries to protect time and energy
- Demonstrate assertiveness techniques in practical scenarios
- Regulate emotions to stay composed and assertive
- Address criticism and resistance with confidence and professionalism
- Create a plan to sustain and grow assertive behaviours