



**Training & Assessment
in Healthcare Ltd**

Training and Professional Development

Assertiveness

This session is suitable for all staff, it is interactive and supportive and will help participants to reduce self-limiting beliefs with the purpose of strengthening your strengths and abilities.

COURSE OBJECTIVES

- To understand and be able to define assertiveness
- To gain awareness of the 'mind-body connection' and different personality types and thought processes
- To discuss self-assessment: strengths and areas for individual and team cohesiveness and development
- To gain awareness of barriers to being assertive
- To develop assertiveness techniques and strategies
- To develop and enhance existing coping skills and conflict management skills

COURSE NOTES

By the end of this session candidates will have identified strategies to develop assertive behaviour and completed an action plan to move towards goals for the future.

COURSE INFORMATION	
Duration:	Half day
Who should attend:	Suitable for all staff/team members
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

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