Assertiveness & Self-Confidence Workshop

Online Training

Self-confidence and assertiveness are two skills that are crucial for success in life. If you don’t feel worthy and/or you don’t know how to express your self-worth when communicating with others, life can be very painful. These skills discussed during this workshop will provide opportunities and benefits to you in your professional and personal life.

The Assertiveness & Self-Confidence Workshop will give you an understanding of what assertiveness and self-confidence each mean (in general and to you personally) and how to develop those feelings in your day-to-day life. These skills will encompass many aspects of your life.

Workshop Objectives:

- Define assertiveness and self-confidence; list the four styles of communication
- Describe the types of negative thinking and how one can overcome negative thoughts
- Explain the difference between listening and hearing
- Define the importance of goal setting and practice setting SMART goals for assertive behavior
- Utilize methodologies for understanding your worth – the use of positive self-talk
- List reasons why a pleasing appearance and body language are critical for creating a strong first impression
- Practice sending positive communications phrased as “I-messages”
- Practice strategies for gaining positive outcomes in difficult interpersonal situations.

To access the course:

- Log into PirateNet, and choose Blackboard from your list of applications.
- Under Course Catalog, click on “Human Resources”
- Click on “HR Assertiveness and Self-Confidence”

Please note: Workshop best viewed using Google Chrome or Mozilla Firefox.

Send copy of score report to Diane Russo for confirmation of attendance.