

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.