

# Assertiveness

All courses can be  
virtual or face to face

## Sample Content Includes:

- Your Personal Behavioural Style
- Developing Self Confidence
- Assertive / Aggressive / Passive Behaviour
- Assertive Rights
- Dealing With Non Assertive Responses
- Assertive Thinking
- Assertive Body Language
- Assertive Communication
- Dealing With Difficult People & Situations



Contact us for a full course outline.