

Asserting Yourself Positively

Being assertive in the workplace means treading a fine line between confidence and aggression. It also means recognising what causes you to behave in a certain way and tailoring your behaviour accordingly.

Assertiveness isn't just about how you think or behave though. It's also about how you communicate and how you balance your needs, rights, and responsibilities with those of other people you are engaging with.

Description

This topic is designed to help you recognise what assertive behaviour looks like and the skills you may need to develop to become more assertive yourself. You'll examine the personal impact of assertiveness on your day-to-day working life as well as the most typical barriers to being assertive.

The learning activities will help you determine where you currently stand on the 'assertiveness continuum' and to identify the emotional triggers which affect your behaviour. You'll also have a better understanding of how you come across to different people in different situations and how you can begin to stretch and flex your personal style in response.

What does it involve?

This topic features a 3 hour workshop, during which you'll analyse behaviours and think about what non-assertive behaviour looks like, as well as practising strategies and techniques for assertiveness and impact.

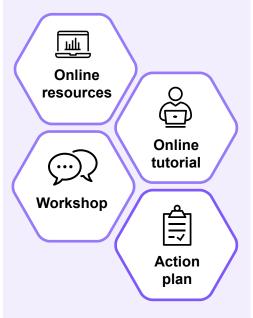
Prior to the workshop, there are 2 online tutorials introducing assertive behaviour, a video about introverts and assertion, and an article about assertiveness rights and responsibilities.

After the workshop there is a reflective activity reviewing how your level of assertive behaviour has developed. There are also 3 optional online tutorials which look in more depth at communicating assertively.

What's the outcome?

After completing this topic you will know the risks of not being assertive and what affects our ability to be assertive. You will understand how assertion enables everyone to have a voice by framing communications so that everyone is ok. You will also have strategies to build your assertiveness and impact.

Learning activities



Delivery method:



Estimated learning time:

5 hours

How to book

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