

Assertiveness & Confidence workshop

Workshop objective

The aim of this workshop is to increase delegates' confidence levels by exploring the principles and psychology of assertiveness.

Workshop length

09.30 – 16.30 6 CPD hours

Workshop outline

The workshop will explore:

- Clarifying what assertiveness and confidence mean for you
- Exploring the principle of assertiveness and confidence
- The dynamics of communication and identifying your own communication style
- The physiology and psychology at the root of assertiveness
- Tips for clear communication
- Being confident with challenging people
- Being heard and increasing personal impact
- Giving and receiving praise and critical feedback
- Disagreeing constructively
- The importance of body language
- Avoiding the trap of overthinking when decision making

Who is this workshop for?

The workshop is for anyone who wants to build confidence and develop harmonious and positive relationships at work and home.

Your trainer - Lucy Whitehall, CIPD, Director, Transform and Thrive Ltd.

Lucy is an employee wellbeing consultant, trainer and coach. She runs her own business; Transform and Thrive. Lucy is a chartered member of the Institute of Personnel and Development. She holds a Life Sciences degree, an MSc in Human Resource Management and accreditation in Mindfulness. In 2018 Lucy qualifies as a Positive Psychologist.

Lucy utilises her experience and knowledge of human resources, wellbeing, positive psychology and leadership to help people and teams access their innate strengths allowing them to flourish in all aspects of life.