

# Assertiveness & Confidence workshop

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## 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 where you would like to be more confident in your life and work
- The principle of assertiveness and confidence
- The characteristics of communication styles
- The physiology and psychology of assertiveness and confidence
- Feeling confident about your rights, needs and wants
- Cultivating confidence
- Getting confident to express yourself constructively
- Assertive 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 Whitehall is a Positive Psychologist and Coach. She specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.



Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.

She also holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.

Previous delegate comments on Lucy's courses include:

*"Really liked Lucy's empathetic approach, really engaged me"*

*"Very positive and constructive course - Came away with a realistic and manageable action plan."*