

Assertiveness & Confidence

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.

What will I learn?

You will explore the principles of assertiveness and confidence, the dynamics of communication and being confident with challenging people.

Your trainer - Lucy Whitehall, 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.

Comments from previous delegates

“These workshops are worth their weight in gold, quite often we know a great deal but have lost how to put it into practice. Lucy helps to restore our own strengths and skills!”

“Like all good speakers, Lucy relayed information in many mediums and explained the aims of the exercises well whilst keeping the day light and entertaining”

“I would gladly attend future courses run by Lucy, as I know I would benefit from it”