



Ref T&D9

Building Self-Esteem and Assertiveness – Level 2

Course Duration:

1 day

Course Aim / General Introduction:

What's holding you back? To move forward with confidence you need to develop positivity and self-worth. You need to understand the balance between aggression and submission and use assertive behaviour to get what you want. This course will encourage you to build and maintain your self-image, handle criticism with confidence and negotiate as an equal

Learning Outcomes:

- Outline the concept of assertiveness
- Identify the differences between aggressive and assertive behaviour
- Identify a strategy to develop and practice assertiveness behaviour

Who will benefit from this course?

All members of staff within the organisation

Teaching and Learning / Assessment:

- Role play
- Group discussion
- Case study

Capacity:

12 people

Price:

- In-house session @ £420, plus VAT
- In-house session @ £75, plus VAT per additional delegate
- Grouped training @ £195 per person, plus VAT
- One to one session @ £200 per person, plus VAT

Qualification:

On successful completion of this course students will be awarded the OCN Level 2 award in Building Self Esteem.

The award is issued through Life Environmental and The National Open College Network who are approved as an awarding body with the Qualifications and Curriculum Authority (QCA).



For further information, including course booking:

Telephone: 0113 2700775 / 07894 488628

