



Workshop

The Assertive Professional

Overview

This workshop helps participants confidently express themselves and their needs by differentiating between passive, aggressive, and assertive communication styles. Through practical exercises and real-world scenarios, it teaches skills to build confidence, set boundaries, and handle difficult interactions with respect and clarity to achieve better outcomes in the workplace and beyond.

Learning Objectives

- Recognize the difference between passive, aggressive, and assertive communication styles.
- Build self-confidence and credibility in professional situations.
- Learn practical strategies for setting boundaries and saying "no" effectively.
- Use "I" statements to communicate needs and feelings in a non-confrontational way.
- Develop techniques for dealing with criticism, both constructive and destructive.
- Improve relationships and communication by expressing views honestly and respectfully.

Delivery

Face to face with facilitator or Online via Zoom

Duration

Half day

Cost

\$2000

*Pair with Overcoming Imposter Syndrome ½ day workshop for full day \$3300

Location

Venue to be provided by client

Maximum participants

25

