

# Assertiveness

This workshop aims to provide you with the necessary skills and competencies to apply effective assertive behaviour confidently, and at the appropriate time. Upon completion of this workshop you will be able to plan for realistic change and be more effective, positive and competent in the workplace.



## Do I need any experience?

No. Our trainers have designed the workshop to give you all the information and training you need to develop your skills.

## What if I can't fit it in?

The Northbrook team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at our Centre for Leadership based at our Broadwater campus.

## What will I gain from this workshop?

Upon completion of this workshop you will receive a Northbrook College Certificate of Attendance and easy to follow hand-outs.

You may also be interested in our one to one coaching service.

## What will I learn on this workshop?

This workshop will cover:

- > Assertion, non-assertion, aggression
- > Types of assertion
- > Handling aggression, non-assertion
- > Being assertive in different situations
- > Increasing your assertiveness

## What are the specific details?

**Price** £175.00 per person

**Duration** One day

For further information on other workshops, please visit our website:

[www.northbrook.ac.uk/BusinessSolutions](http://www.northbrook.ac.uk/BusinessSolutions)

## How do I enrol or get further information?

For group rates from £75 per person, or enrolment, please contact the Northbrook Commercial Services team on:

☎ (01903) 273 114

✉ [business.solutions@nbcol.ac.uk](mailto:business.solutions@nbcol.ac.uk)

🌐 [www.northbrook.ac.uk/BusinessSolutions](http://www.northbrook.ac.uk/BusinessSolutions)

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