



Building Self-esteem and Assertiveness Skills

Overview: Building your Self-Esteem is essential for confidence and success. Of all the judgments you make in life, none is as important as the ones you make about yourself. Hand in hand with building your self-esteem is learning to be more assertive. How do you get what you want without being pushy? Within the foundation of assertiveness is a fundamental assumption – that you like yourself. Discover techniques that dramatically change how you feel about yourself. Learn how to express yourself with confidence, ask for what you want, and identify the steps you need to build your self-esteem.

What You Will Cover:

- The importance of liking yourself
- First impressions
- How to relate to others
- The power of positive thinking
- How to ask for what you want
- Wiping worry away
- Defining assertive
- Steps to building your self-esteem and assertiveness skills

How You Will Benefit:

- Learn how to create positive self-expectations
- Begin setting goals to get more of what you want from life
- Develop “self-talk” messages that help build self-esteem
- Identify communication tools to help you be more assertive
- Learn how to say “no,” when “no” is the best answer
- Recognize key assertive behaviour and techniques

What's Included?

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate of completion

TIME: 9am – 4pm. FEES: \$2,000.00 onsite up to 12 people. \$300.00 per person offsite, plus applicable taxes. *Prices and dates are subject to change.