

Assertiveness

You wish to increase your self-confidence as employee, to take more initiative, but also be able to say 'no'. During this intensive Assertiveness Training, you will learn to structurally act more decisively. You will take more initiative, which makes you more visible within your organization.



You wish to learn more about this training?? +31 (0)541 - 663 029 or info@jahetwerkt.nl

Reasons

- You avoid annoying situations, such as dominant colleagues or conflicts;
- You only realize afterwards what you really wanted to say during the conversation;
- You find it hard to say 'no', and you often do not sound decisive and clear;
- You find it hard to give your opinion during meetings/conversations or to stick to them;
- You are aware that you can do better and you want to enhance your capacities;

Outcome

- Be aware of own talents and ambitions, and act more from your internal power;
- You present your view in a decisive manner, so it has more impact;
- After the Assertiveness Training, you will be better able to set your limits;
- You can criticize and give feedback in a clear way, and you can easier ask help from others;
- You will be better in taking initiative, and you act in a pro-active way. You feel more certain in difficult situations;
- You know how to act in (upcoming) conflict situations and you experience less tension in stressful situations.

Specifications

Coaching possibilities

- 1-to-1 coaching: generally 8 to 12 sessions of 2 hours, next to the preliminary intake, tests, and assessment
- Through an online program (optionally combined with online coach) or Blended variant.