



Assertiveness & Self

Confidence Workshop

Self-confident and assertiveness are two skills that are crucial for success in life. If you don't feel worthy, and/or you don't know how to express your self-worth when communicating with others, life can be very painful. These skills will provide opportunities and benefits to your participants in their professional and personal lives.

The Assertiveness and Self-Confidence workshop will give participants an understanding of what assertiveness and self-confidence each mean (in general and to them personally) and how to develop those feelings in their day-to-day lives. These skills will encompass many aspects of your participant's lives and have a positive effect on all of them.

Workshop Objectives:

- Define assertiveness and self-confidence, and list the four styles of communication
- Describe the types of negative thinking, and how one can overcome negative thoughts
- Explain the difference between listening and hearing.
- Define the importance of goal setting, and practice setting SMART goals for assertive behavior
- Utilize methodologies for understanding your worth -- and the use of positive self-talk
- List reasons why a pleasing appearance and body language are critical for creating a strong first impression
- Practice sending positive communications phrased as "I-Messages"
- Practice strategies for gaining positive outcomes in difficult interpersonal situations.

For more information or to reserve your spot in this workshop, please contact:

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Workshop Objectives

Session Two: What Does Self-Confidence Mean To You?

What is Assertiveness?

What is Self-Confidence?

The Four Styles

Session Three: Obstacles to Our Goals

Types of Negative Thinking

Case Study

Personal Application

Session Four: Communication Skills

Listening and Hearing; They Aren't the Same Thing

Asking Questions

Body Language

Session Five: The Importance of Goal Setting

Why Goal Setting is Important

Setting SMART Goals

Our Challenge to You

Session Six: Feeling the Part

Identifying Your Worth

Creating Positive Self-Talk

Identifying and Addressing Strengths and Weaknesses

Session Seven: Looking the Part

The Importance of Appearance

The Role of Body Language

First Impressions Count

Session Eight: Sounding the Part

It's How You Say It

Sounding Confident

Using "I" Messages

Session Nine: Powerful Presentations

What to Do When You're on the Spot

Using STAR to Make Your Case

Session Ten: Coping Techniques

Building Rapport

Expressing Disagreement

Coming to Consensus

Session Eleven: Dealing with Difficult Behavior

Dealing with Difficult Situations

Key Tactics

Session Twelve: Wrapping Up

Words from the Wise