

Being Assertive- An attempt to change one's perspective

Training Objectives

To build around realistic methods of exceeding one's professional influence thru personal affirmations.

To hone the art of self acceptance.

Key Coaching Topics

Assertive Behaviour- The key to successful disposition

- An introduction to thinking strategically---about Yourself
- Mind map of one's skills

Being assertive, versus passive and aggressive approach

- Identifying assertive, passive and aggressive behaviors
- Assessing your situation v/s people management styles
- Recognizing the emotional triggers you respond to
- Empathetic Listening skills- an attempt to build trust.
- Applying strategies to manage others non-assertive behavior



Venue:

Kinnesqui training centre

Date: April 24, 2009

Duration: 4 hours

Investments: Rs. 1500/- plus Service Tax

*The above cost includes
Professional training
Reference material
Breakfast/ Hi-Teas*



Kinnesqui

*Connecting body, mind & soul
A division of TQMS*

*'We are each responsible
for all our
experiences'*

The delegates will be able to:

- Feel and sound confident.
- Develop an approach to be assertive and firm in behavior patterns, style and response.
- Make external projections clear.
- Practice to be positive in tough and challenging environment.
- Maintain flexibility to raise success rate.

Contact us at

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