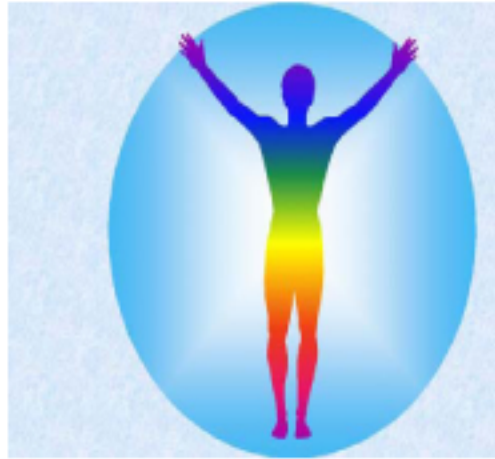


Being Assertive- An attempt to change one's perspective

Training Objectives

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

To hone the art of self acceptance.



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

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

Duration: 4 hours

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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Kinnesqui

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