

The Assertive Communicator



Releasing your Confidence and Communication Power!

Have you ever experienced the following?

- Struggling to voice your opinion in a meeting that is dominated by others.
- Difficulty articulating and expressing what you know in your head.
- Finding others clam up or don't say much when you're communicating.
- Feeling a lack of confidence to express your opinion freely.
- Experiencing extremes of either clamming up or blowing out.

If any of these describe your communication experiences then **'The Assertive Communicator'** could be exactly what you need.

The ability to be assertive and carry the necessary confidence to gain the results and success we desire, is not always straight forward. We live in a world that is plagued by poor self-esteem and personal image, which has a direct effect on our ability to reach our true potential. Discover the secrets to tapping into your power and releasing your confidence and become the assertive person in your work environment you have always desired to be, then 'The Assertive Communicator' is the workshop for you.

Designed for?

- This is applicable to anyone who desire to find fresh strategies to become more influential, to gain respect, and learn strategies to persuasively communicate ideas and proposals.
- This program is for people who are currently looking to increase their ability to set appropriate boundaries and communicate clear messages.
- If you are looking for new ways to increase communication and personal confidence in business and in life.
- This program is aimed at all roles and functions across all industries.
- An ideal group size is 6 - 15 participants.

Key Learning Outcomes

- ✓ Have a clear action plan to develop your assertiveness and confidence to a whole new level of impact.
- ✓ Communicate and position your message in the most influential way.
- ✓ Use effective questioning strategies to navigate to your desired outcome.
- ✓ Knowing how to say 'no' and set effective boundaries.
- ✓ Feel more comfortable when others are critical or don't agree with you.
- ✓ Develop response phrases and statements that help in difficult communication
- ✓ Understand the barriers and people filters that will block your message.
- ✓ Profile different personality styles and create strategies to adapt and flex.
- ✓ Manage more dominating personalities Successfully.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



2-Day



Coaching

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