

Title: Assertiveness for Women

Aims: To develop women's skills and confidence in asserting themselves

Objectives: Understand what assertiveness is
Practice effective techniques to develop assertiveness
Explore women's situational Assertiveness
Understand the theory of assertiveness
Examine gender constraints

Target Audience:

This course is designed to improve women's assertiveness skills. It will increase women's awareness and confidence levels and enable them to use a range of techniques to more effectively develop their assertiveness.

Programme

- Introductions
- Understanding women's assertiveness
- Situational assertiveness for women's
- Psychology of women's assertiveness and gender
- Emotion v Cognition
- Assertiveness techniques
- Cognitive constructs of women's assertiveness
- Coping with nerves
- Understanding confidence
- Self believe

Commentary

This course is an introduction into women's assertiveness. It covers a range of techniques that can be used to help women manage their levels of confidence.

It enables women to examine patterns of behaviour, explore situational assertiveness, look at gender roles, and look at confidence levels.

By the end of the course women often report an increase in their levels of confidence and a growing ability to assert themselves in work situations.