



Assertiveness Skills Training Course



About This Course

Assertiveness Skills Training Course



Do you want to be able to communicate confidently and effectively and achieve better outcomes when you communicate?

Our Assertiveness Skills training course will help you to learn the skills and techniques behind assertiveness that will help you to communicate with confidence.

Our Assertiveness Skills training course is delivered as an open course in 21 locations across the UK and Ireland, online or at your business location.

We deliver the course as a face to face course, a live virtual online course and an eLearning training course.



The Course Aim & Objectives

Here's what you will learn on our assertiveness skills course



Course Aim

Our Assertiveness Skills Training Course will provide you with the skills and approaches to communicate more confidently with others.

Course Objectives

By attending this assertiveness skills course you will:

- Understand why and when you will need to be assertive
- Be able to identify the characteristics of aggressive, passive and assertive behaviour
- Recognise different situations where you will need to be assertive and apply the necessary skills
- Understand how your body language, language and interactions with others drives different behaviours in them
- Have built confidence in having difficult conversations with others
- Be able to use the skills to influence others effectively to change attitude and improve performance

The Course Content

Here's what we cover in our assertiveness skills course



What is Assertiveness?

- An introduction to what Assertiveness is and what it means
- Why be assertive?

Aggressive and Passive Behaviours

- Understanding what assertiveness is not
- Looking at gut reactions and controlled reactions
- Understanding the link between these behaviours
- Body language, language and words associated with assertiveness

Assertive Behaviour

- How to use different assertive skills and behaviours and how to adapt them to different situations
- How to demonstrate confident communication
- Using controlled responses and not a gut reaction

Assertiveness and Relationships with others

- Understanding where gut reactions and unconscious reactions come from
- Understanding how our reactions can drive aggressive and passive behaviours in others
- Looking at your own style of communication and that of others to understand how to reduce conflict
- Asking for what you need and want with confidence
- Dealing with confrontation and challenges

Different Ways of Being Assertive

- Bill of rights – What is this and what does it mean?
- Broken Record
- I statements
- Power Words
- Giving feedback

Delivery Options

How we deliver our assertiveness skills course



Open Training Course

Delivered as a scheduled open training course at 21 locations across the UK and Ireland and as an online training course.

In-person: £279.00 + VAT / €339.00

Online: £215.00 + VAT / €239.00

Price per delegate.



In-House

Delivered at your business location or a location of your choice anywhere in the UK, Ireland, across Europe or online.

We can adapt the course content to meet your specific needs and those of your team.

Contact us for a quote.

Open Course Locations

Here's where we deliver our open training courses

Belfast

Birmingham

Bristol

Cardiff

Chelmsford

Cork

Dublin

Edinburgh

Glasgow

Leeds

Leicester

Liverpool

London

Manchester

Milton Keynes

Newcastle

Norwich

Nottingham

Reading

Sheffield

Southampton



In-House Delivery

Train your team. Train your entire company



We can deliver our assertiveness skills training course just for your team or organisation.

1

Start with an off-the shelf course

We'll use the content in the overview as a starting point

2

Understanding your needs

We'll work with you to agree what outcomes you want from the course

3

Making it yours

We will shape the content to ensure the course meets your requirements

4

Delivering the skills

We then deliver the course that we've agreed either in-person or online

Make it even more bespoke

We can completely redesign the course to meet your needs. Just tell us what you need, and we can put a no obligation proposal together for you.

Online Training Course

Fun, engaging and interactive – delivered online



Our assertiveness skills course can be delivered as a virtual online course.



The same great content reimagined for the online environment.

- ✓ Our open training courses are delivered using Zoom
- ✓ When delivered in-house, we can use the platform you are most comfortable with
- ✓ Re-designed sessions to allow for interactivity and engagement in the online environment
- ✓ The same fun, engaging and down to earth approach
- ✓ Join your course from anywhere

About Us

Here's a bit about us and what we do



We are Revolution Learning and Development

We are a leading learning and development consultancy based in the UK. We provide our services across the UK, Ireland and Europe.

- ✓ We deliver fun, engaging and down to earth training courses in-person and online
- ✓ Over 20 years of training experience
- ✓ Incredibly cost effective and a real focus on return on investment
- ✓ 92% of our clients rebook us for further training and development
- ✓ Flexible training and development solutions

Let's Talk

We're here to help



If you have any questions about our assertiveness skills course or would like a quote for an in-house course, then just get in touch.

Call Us:

UK: 03333 444575

ROI: 015549779

Email Us:

hello@revolutionlearning.com

Visit Us:

UK: <https://www.revolutionlearning.co.uk>

ROI: <https://www.revolutionlearning.ie>

EU: <https://www.revolutionlearning.com>