

## ASSERTIVENESS

This workshop aims to provide you with the necessary skills and competencies to apply effective assertive behaviour confidently, and at the appropriate time. Upon completion of this workshop you will be able to plan for realistic change and be more effective, positive and competent in the workplace.

### Do I need any experience?

No. Our trainers have designed the workshop to give you all the information and training you need to develop your skills.

### What if I can't fit it in?

The Business Solutions @ Northbrook team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at Northbrook College (A company costing will be provided once your training needs are finalised).

### What will I gain from this course?

Upon completion of this workshop you will receive a Northbrook College Certificate of Attendance and easy to follow handouts.

You may also be interested in our one to one coaching service.

For further information on this and other workshops and qualifications and possible funding opportunities, please use the contact details below.



### What will I learn on this course?

This workshop will cover:

- > What is Assertiveness?
- > Adopting an assertive behaviour
- > Developing an action plan
- > Discussion groups

### What are the specific details?

<b>Price</b>	£175.00
<b>Duration</b>	One day

For the latest course information including dates, please visit our website and select 'Our Training' from the top right of the page:

[www.northbrook.ac.uk/BusinessSolutions](http://www.northbrook.ac.uk/BusinessSolutions)

### How do I enrol or get further information?

For further information, or enrolment, please contact the Business Solutions @ Northbrook team on:

☎ (01903) 606 114

✉ [business.solutions@nbcoll.ac.uk](mailto:business.solutions@nbcoll.ac.uk)

🌐 [www.northbrook.ac.uk/BusinessSolutions](http://www.northbrook.ac.uk/BusinessSolutions)

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