Assertiveness Skills

Life can be overwhelming and stressful if you have trouble saying ‘no’. At the same time, relationships can be damaged if you communicate in an overpowering way.

This course teaches you simple techniques that dramatically change the way you think about yourself and how you influence others. Our assertiveness skills training helps you:

- confidently stand your ground
- moderate any overbearing communication styles.

**Designed for you**

This assertiveness skills training course is designed for people who want to:

- improve confidence
- learn how to effectively deal with an overload of demands
- deliver confident and assertive, yet non-aggressive messages.

It’s also a great program if you are sometimes perceived to be communicating too powerfully.

**Outcomes**

Learn how to:

- set and achieve goals
- improve confidence
- deliver an assertive verbal and non-verbal communication style
- improve self-esteem and confidence
- handle difficult people
- create positive relationships
- deal with challenging situations
- ask for what you want
- be assertive, not aggressive.

**Dates**

- Wednesday 27 March 2019
- Tuesday 18 June 2019
- Thursday 31 October 2019

Please check our website for the latest dates.

**Book a public course**

Choose between:

- Call 1300 655 098
- Send us an email at info@icml.com.au.
- Complete our online booking form.

**In-house group training or coaching**

We deliver this program in-house to groups nationwide.

Choose a duration that suits you best, from a one-hour presentation to a multi-day workshop.

We boost this program’s power by tailoring the content to your needs. Tailoring is mostly free and always economical.

Call us on 1300 655 098 for a quote or send us an email on info@icml.com.au.

**Public course**

350 Collins Street, Melbourne CBD
One day: 9am to 5pm
$ 540 + GST
Catering, course materials and certificate included.
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<th>Duration</th>
<th>February</th>
<th>March</th>
<th>April</th>
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