



Ayre's-N-Graces Pty Limited

t/a **CTC** Customised Training & Consulting

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Assertiveness Techniques

✓ Step 1 – Select Subject

Subject – Assertiveness Techniques

Location – Client site

Prerequisites:

- A requirement to communicate confidently your wants and needs.

What do you get:

- ✓ Experienced & qualified facilitator
- ✓ Targeted course outline
- ✓ Printed Courseware
- ✓ Electronic Certificate
- ✓ Digital Badge for LinkedIn profile
- ✓ Free 6 month email support

✓ Step 3 – Contact CTC

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Based on your chosen Subject and Topic selection, our expert team will advise the appropriate course length to cover your custom content and best delivery style to suit your needs. Three simple steps and you have a course tailored to you!

✓ Step 2 – Select Topics

Topics

- ☐ What & Why Assertive?
- ☐ Barriers to being Assertive
- ☐ Roots of non-assertive
- ☐ Consequences of non-assertive
- ☐ Current Behaviour
- ☐ Steps to Being More Assertive
- ☐ Self Confidence
- ☐ Communicate with Confidence
- ☐ Our Influences to Assertiveness
- ☐ Mastering Assertiveness