



Assertive Communication

Whether you're asking for a raise, buying a new car, dealing with a difficult colleague or simply trying to effect positive change in your life, it's easier to get what you want if you know how to go about it in the right way.

Being more assertive can help you:

- Gain self-confidence by better understanding who you are and the value that you offer
- Create win-win situations by recognising the value of your opponent's position and finding common ground.

This 1-day workshop will teach you how to confidently communicate what you want while also respecting the needs of others, using firm and fair communication strategies for influencing, persuasion and negotiation.

Target Audience

This workshop is suitable for participants wanting to build the foundational skills required to become a stronger negotiator in both their professional and personal lives.

Duration 1 day (9am – 4pm)

Investment \$695 per person

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Did you know?

Assertive people are less stressed.

Having unresolved issues that you don't feel confident to deal with will linger in your mind, causing anxiety. This prolonged resistance to facing your fears can affect your mental health and wellbeing. The ability to handle matters as they arise frees up room in your mind to accomplish other tasks in your life.

Special Offer:

This workshop can be added to an Individual Development Package with one or more of our professional development courses to receive a discounted price.

For more information or for a tailored proposal please contact TP Human Capital on 4772 3800

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