

Building Confidence and Assertiveness Skills

- Do you want to be more assertive, but don't know how?
- Perhaps your lack of confidence has held you back in your career or personal life.
- Do you find that you are not listened to?
- Maybe you feel 'invisible' and lacking in confidence.

This course is invaluable for anyone who would like a reminder about their rights, about the differences between assertive, aggressive and passive behaviour, and about how to say 'no' effectively and appropriately.

Designed for people who would like to change something about their lives, whether that is work or home-life, this course will help you find out:

- How to train your brain to think more positively
- Why some people lack confidence and others don't
- How to practise the tools in everyday situations
- Tips and techniques for increased confidence
- How to get the best from yourself

Everyone is welcome!

All materials and resources are provided, including a take-away workbook.

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