

AMA2528: ASSERTIVENESS TRAINING FOR WOMEN IN BUSINESS

Course Code: 2568

Strengthen your leadership ability and image by learning essential assertiveness skills.

Now and then, you're going to overreact or underreact. You'll blurt out something that you wish you hadn't or hurt someone whose opinion you value. Still, the person with good assertiveness skills usually sends the right signals and gets the right responses. With assertiveness training, women can learn how to better handle nearly any situation that comes up-without seeming shy or pushy. Assertiveness skills for women are vital for getting things done, getting what you want, and commanding respect.

This course is assertiveness training for women at its best. As you learn, practice, and refine fundamental assertiveness skills, you'll also share your concerns with other women executives in a comfortable and supportive learning environment.

What You'll Learn

- Learn assertiveness skills for women to apply in meetings and predominately male environments
- Become comfortable in your own skin
- Develop an action plan based on what you learned
- Deal with conflicts confronting women
- Recognize your strengths and weaknesses
- Practice assertive behaviors in challenging situations
- Overcome obstacles to assertiveness skills for women
- Build and project a positive self-image
- Assess your stress and adopt assertive techniques to help manage stress
- Develop an assertive action plan
- Use assertive communication techniques: verbal, nonverbal, and assertive listening

Who Needs to Attend

Women executives, managers, and supervisors who want to build their strengths, improve their communication, conflict resolution, delegation, and action plan skills.

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