



# Working assertively and with confidence

Working together to be at our best to make a difference.

## Introduction:

Assertiveness is one of life's essential skills. This interactive, virtual workshop has been developed to build your confidence to be more assertive

## Learning outcomes:

- Explore assertive, aggressive and passive behaviours
- Discuss the importance of standing up for your own rights whilst respecting the rights of others
- Explore what stops you from being assertive
- Take a look at body language
- Think about how your mindset influences what you can do

## Who should attend?

Open to everyone

## What will you need?

- With support from your manager, 2 hours to participate in the online workshop
- Access to MS Teams
- To complete a questionnaire in advance of the workshop
- A willingness to learn and share experiences with others
- Writing materials for activities and taking notes

## Booking information:

Check dates and availability on ESR

## Workshop lead:

Lisa Tyndall, L&OD Manager

