

Webinar on

Improving Your Assertiveness Skills

Learning Objectives

- Assertive behaviors that are non-aggressive*
- Techniques to be able to confidently say no to your boss, clients, co-workers*
- Situations where saying “no” is appropriate*
- Responses for Situations like not enough time, other commitments*
- Use of “I” statements-*
- Language to use when saying “no”*



It sounds obvious and it is obvious; if you do not want to do something, just say 'No'. However, you may find 'No' to be the hardest word to say.

PRESENTED BY:

Audrey Halpern has had an exemplary 20+yr training facilitation/learning and development career. She is an experienced Faculty member of American Management Association.

On-Demand Webinar

Duration : 60 Minutes

Price: \$200

Webinar Description

It sounds obvious and it is obvious; if you do not want to do something, just say 'No'. However, you may find 'No' to be the hardest word to say. This is generally due to a fear of the response you might receive. Contrary to what you may think, when you exercise that right appropriately, people become more respectful of you and your time. In the long run, learning to say 'No' helps you to avoid conflict, set boundaries and reduce stress

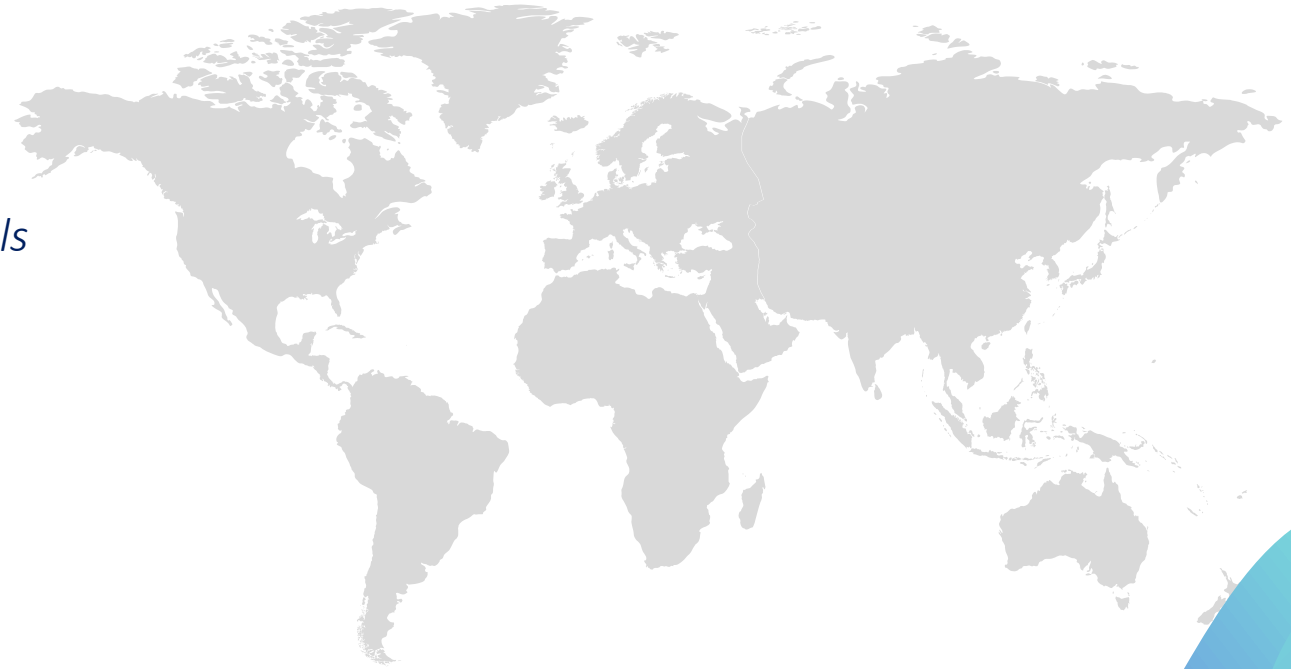


Who Should Attend ?

Managers

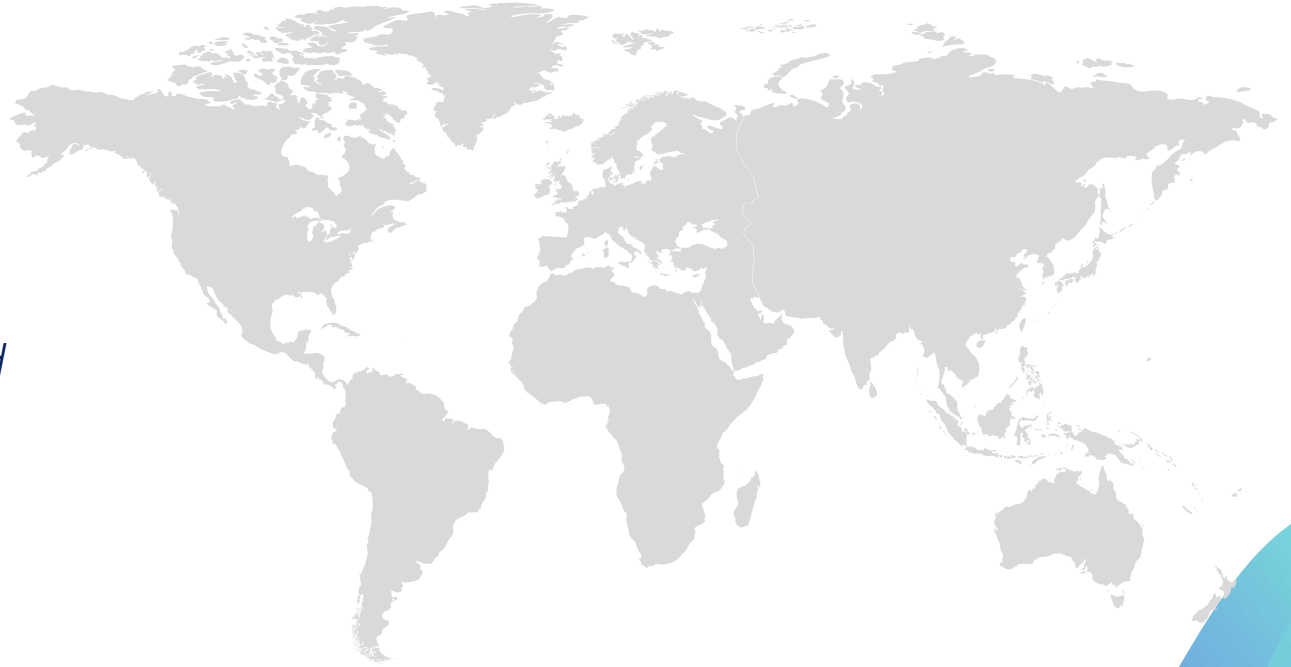
Supervisors

Employees who are looking to build career skills



Why Should You Attend ?

There are going to be times when you find yourself having to say “no” to your boss. It’s incredibly normal to feel uncomfortable saying “no” to a boss, supervisor or client, but there are ways to turn someone down while still maintaining a healthy and respectful relationship. The secret lies largely in giving positive, constructive reasons for responding in the negative. This webinar will give you the techniques to be more assertive.



To register please visit:

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