

Assertiveness in a Law Firm

This training course will help you build your self-confidence and become more assertive which in turn will help you work more effectively, increase productivity and performance and put you in control of your daily activities, making it easier to overcome stressful situations.

Course objectives:

- ✓ Recognise what assertiveness is and what it means for you and those around you
- ✓ Understand your rights as an individual and learn how to assert them effectively
- ✓ Learn techniques to improve your communication skills
- ✓ Learn techniques to improve your self-esteem
- ✓ Explore how the words you use affect how much you get out of interactions with others
- ✓ Practice how to deal with situations in an assertive manner