

Assertiveness for Women in the Workplace: TAFE (TUT)

About the course

Would you like to communicate more confidently, effectively and assertively with others?

This one-day course aims to develop your confidence in expressing ideas, opinions, wants and needs while building productive workplace relationships.

Participants will reflect and explore communication styles, behaviour types and behaviour patterns. You will learn to recognise assertive and non-assertive behaviours. You will also explore how to identify barriers to assertive behaviour and how to respond assertively in the workplace. These skills will support processes for managing to resolve conflict in the workplace.

Date

Friday 24 May 2019

Time

9am - 3pm

Cost

Nil: Members Only

Facilitator

Cherry Bogunovich
Education Officer SSTUWA

Nominated Audience

Members of SSTUWA - Women
TAFE

Venue

SSTUWA Office
1 West Street
West Perth WA 6005
(08) 9210 6035

Outcomes

During this course members will:

- Identify assertive and non-assertive behaviours.
- Reflect, analyse and monitor their own behaviours.
- Approach conflict constructively.
- Learn and practice a range of techniques of assertive communication.
- Explore situations where it is difficult to behave assertively, and develop strategies to manage them effectively.