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Assertiveness & Self Confidence Workshop

Self-confidence and assertiveness are two skills that are crucial for success in life. If you don't feel worthy, and/or you don't know how to express your self-worth when communicating with others, life can be very challenging.

The **Assertiveness and Self-Confidence Workshop** will give participants an understanding of what assertiveness and self-confidence means and how to develop those qualities in their day-to-day professional and personal lives.



Workshop Objectives:

- Define assertiveness and self-confidence, and list the four styles of communication
- Describe the types of negative thinking, and how one can overcome negative thoughts
- Explain the difference between listening and hearing.
- Define the importance of goal setting, and practice setting SMART goals for assertive behavior
- Utilize methodologies for understanding your worth -- and the use of positive self-talk
- List reasons why a pleasing appearance and body language are critical for creating a strong first impression
- Practice sending positive communications phrased as "I-Messages"
- Practice strategies for gaining positive outcomes in difficult interpersonal situations.

For more information or to schedule this workshop please contact McField & Associates Inc. at 815-909-4199 mcfieldassociates@att.net or visit us at www.mcfieldassociates.com