

Building Your Self-Esteem and Assertiveness Skills



INTRODUCTION

Building your self-esteem is essential for confidence and success. Of all the judgments you make in life, none is as important as you make to yourself. Without some measure of self-worth, life can be enormously painful.

In this training, you will discover some simple techniques that dramatically change how you feel about yourself. You will learn how to recognize the importance of learning self-acceptance and nurturing your self-worth.

LEARNING OBJECTIVES AND OUTCOME

At the end of the course, participants will:

- Learn how to create positive self-expectations
- Begin setting goals to get more of what you want from life
- Develop self-talk messages that help build self-esteem
- Identify communication tools to help you be more assertive
- Learn how and when to say no to other
- Learn how to make a positive first impression
- Discover ways to connect with people

METHODOLOGIES

A combination of any of the following may be applied:

- Knowledge review
- Reflective reviews
- Oral presentations
- Role-play/scenarios
- Written reports

INTRODUCTION AND COURSE OVERVIEW

- Course Briefing and Orientation
- Personal Learning Objectives and Expectations
- Self-Assessment
- Pre-Assessment

COURSE LAYOUT/OUTLINE

- Building your Self-Esteem
- Putting Others at Ease
- Make Positive First Impressions
- Fake It 'Til you Make It!
- Internal Self-Esteem Factors
- Projecting Self-Confidence
- Negative vs. Positive Thinking
- Distorted Thinking
- How to Wipe Out Worry
- Giving and Receiving Compliments
- Communication Skills