

Assert yourself calmly in all circumstances - Assertiveness level 3



DP-55 6 Days (42 Hours)

Description

Every professional relationship goes through moments of tension and conflict. This comprehensive training in assertiveness allows you to practice asserting yourself positively in your relationships and to draw from within yourself the resources to deal with conflict situations generated by passive, aggressive and manipulative attitudes.

Who is this training for ?

For whom

Manager, executive, supervisor, technician, assistant or any employee who wishes to develop constructive relationships, including in conflict situations of daily business life.

Prerequisites

None.

Training objectives

- Gain confidence and relational ease.
- Exercise your authority with more diplomacy.
- Limit your ineffective reactions in relationships.
- Deal with the behavior of others fairly.
- Know how to say no.
- Formulate requests and criticisms in a constructive way.
- Negotiate and cooperate more easily.

Training program

Prendre sa propre photographie assertive

- Better understand your assertive relational style.
- Recognize passivity, aggressiveness and manipulation.
- Implement assertive practical keys.

Répondre aux comportements déstabilisants

- Know the 4 dragons of passivity, the appropriate parades.
- Deal with aggression using bodily techniques.
- Recognize and defuse the manipulations of everyday life.

Exprimer une critique constructive

- Prepare your criticism with 'levels of openness'.
- Practice how to formulate it assertively.

Savoir demander

- Prepare yourself mentally and physically.
- Dare to ask.
- Practice the different methodological steps.

Muscler sa confiance en soi

- Develop proactivity.
- Nurture self-esteem.
- Say no when necessary.

Développer sa stabilité émotionnelle et physique

- Practice breathing exercises.
- Practice physical concentration.
- Manage tension

Gérer les sous-entendus et les critiques

- Transform criticism into useful information.
- Understand and defuse misunderstandings.
- Acquire tools that allow clarification and transparency.

Résoudre les conflits durablement

- Locate the sources of conflict.
- Identify and remove areas of blockage.
- Practice how to get out of conflicts.

Développer des attitudes de négociation

- Adopt win-win behavior.
- Practice building negotiated solutions.

S'entraîner en jeu de rôle réaliste

- Test your assertiveness with a role-playing actor.
- Anchor your new skills.