

## BUILDING YOUR SELF-ESTEEM & ASSERTIVENESS SKILLS

*"Strengthen confidence, communicate effectively, and stand up for yourself with clarity and respect."*

### Schedule

Date	Venue	Fees (Online)
15 Jul 2026	Online	USD 450 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

This 1-day online course is designed to help participants boost their self-esteem and develop assertiveness skills essential for personal and professional success. Through practical exercises, guided reflection, and actionable strategies, participants will learn how to overcome self-doubt, set healthy boundaries, and express themselves confidently.

Whether you are looking to improve workplace interactions or personal relationships, this course equips you with tools to communicate assertively and build lasting self-confidence.

### Objectives

By the end of this course, participants will be able to:

- Understand the key components of self-esteem and assertiveness.
- Identify personal barriers to confidence and assertive communication.
- Apply techniques to improve self-image and build confidence.
- Communicate assertively without aggression or passivity.
- Develop an action plan to enhance self-esteem and assertiveness.

## Why Attend

- Learn strategies to boost self-confidence and personal power.
- Improve communication in both personal and professional settings.
- Build stronger relationships by setting clear, respectful boundaries.
- Reduce feelings of anxiety and self-doubt.
- Gain practical tools to handle difficult conversations confidently.

## Target Audience

This program is designed for:

- Professionals seeking to improve confidence and assertive communication.
- Individuals struggling with self-esteem or setting boundaries.
- Team leaders and managers wanting to enhance interpersonal effectiveness.
- Anyone interested in developing personal growth and self-assurance

## Individual Benefits

Key competencies that will be developed include:

- Improved self-awareness and confidence.
- Stronger assertive communication skills.
- Enhanced ability to set and maintain boundaries.
- Greater resilience against criticism and rejection.
- Practical techniques for ongoing personal development.

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved workplace communication and collaboration.
- Stronger leadership and decision-making abilities.
- Enhanced employee confidence and job satisfaction.
- Reduction in workplace conflicts and misunderstandings.
- A more engaged and empowered workforce.

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Understanding self-esteem, assertiveness, and their impact.
- Case Studies - Analyzing real-world examples of confident, assertive behavior.
- Workshops - Practicing assertiveness techniques in role-play scenarios.
- Peer Exchange - Sharing experiences and confidence-building strategies.
- Tools - Worksheets and exercises for self-assessment, goal setting, and personal growth.

## Course Outline

**Training Hours:** 9:00 AM – 4:00 PM **Format:** 3 Learning Modules | Breaks: 11:00 & 2:00

### Day 1: Building Your Self-Esteem & Assertiveness Skills

- Module 1: Understanding Self-Esteem and Assertiveness (09:00 – 11:00)
  - Defining self-esteem and assertiveness.
  - Exploring the roots of low confidence.
  - Recognizing the difference between assertiveness, passivity, and aggression.
- Module 2: Developing Assertive Communication (11:15 – 1:15)
  - Learning techniques to express needs and opinions confidently.
  - Practicing active listening and respectful dialogue.
  - Role-playing assertive responses in challenging situations.
- Module 3: Creating a Confidence Growth Plan (2:00 – 4:00)
  - Setting realistic personal development goals.
  - Overcoming self-doubt and managing negative self-talk.
  - Building daily habits to reinforce self-esteem and assertiveness.

## Certification

Participants will receive a Certificate of Completion in Self-Esteem & Assertiveness Skills, validating their ability to communicate confidently, set boundaries, and apply assertive techniques in personal and professional settings.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

### In-House / Customized Training

Interested in running this course for your team?

Please contact us:

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