

Positive Assertiveness & Inclusive Leadership

Price
\$1,150.00

Duration
2 Days

Delivery Methods
VILT, Private Group

Positive Assertiveness is both a communication style and behavior pattern that is fully expressive without being either dominant or passive. According to the tenets of Transactional Analysis, disruptive and unproductive behaviors arise from non-assertive behaviors. On the other hand, organizations that foster positive assertiveness benefit from increased agility, better decision making, higher job mobility and job satisfaction and improved flow of critical information. The personal benefits of Positive Assertiveness include a greater sense of well-being, decreased stress and more focused self-development. This course focuses on the practices of emotional intelligence and self-governance that allow a posture of Positive Assertiveness. Tactics and techniques to use Positive Assertiveness to influence and elevate team members out of disruptive or counter-productive behaviors.

Who Should Attend

Supervisors, Managers, Directors or anyone with direct reports

Course Objectives

- Define positive Assertiveness and the posture of inclusive leadership
- Learn about how thoughts and actions affect feelings and posture
- Identify four communication styles and their impact on workplace behavior
- Establish an inclusive posture with empathetic listening across verbal and non-verbal channels
- Use Positive Assertiveness to affect change in disruptive behaviors
- Build consensus and reduce barriers

Agenda

This class is not currently scheduled.

[Contact us and we will help you get the training you need!](#)

- 1 - INTRODUCTION: WHAT IS ASSERTIVENESS?**
- 2 - DIMENSIONS OF COMMUNICATION**
- 3 - POSTURE POSITIVE: BODY LANGUAGE**
- 4 - DISRUPTIVE BEHAVIORS**
- 5 - BARRIERS AND CONSENSUS**
- 6 - SUMMARY**