

Confidence & Assertiveness

Using Emotional Intelligence (EQ)



What previous participants have said:

"I really like the disciplinary practice of growing my assertiveness; like a muscle – very insightful, useful and deep. I respect a lack of assertiveness and confidence more and have grown them because of that. A Life course. (Newly Appointed Senior Manager)

"I wasn't sure what to expect, but am happily surprised with what I learned. Seeing so many others, some in more senior roles than me struggle with the same lack of confidence & assertiveness really helped me. Understanding Emotional Intelligence gave me great perspective and I will bring this concept back to my workplace" (HR Officer Insurance)

Purpose

Having the self-regard to express yourself in any circumstance with confidence and assertively; knowing how to be resilient against what undermines your self-regard and strengthening your Emotional Intelligence to be confident and assertive when you need to be.

Who will benefit from attending?

You and me (Petra, who finds that every time she runs this course she discovers yet another area in which she needs to grow her own confidence & assertiveness).

What dates and where is it on?

9 Oct & 18 Dec 2015 in Dublin; from 09:00 – 17:00 with 15 minutes breaks in the morning and afternoon and 1 hour for lunch.

What will you learn?

- 🎯 How to boost your confidence through a simple method
- 🎯 How to be assertive through 3 clear actions
- 🎯 To be resilient in challenging situations
- 🎯 To grow your self-regard
- 🎯 Control your achievements and ensure others recognise them
- 🎯 Understanding Emotional Intelligence and how it is more related to our performance and wellbeing than IQ

How will you learn?

The morning is understanding EQ, including your own personal EQ profile, and in particular the workings of Self Regard and Assertiveness & the afternoon is strengthening your Confidence & Assertiveness with practice, practice and practice. Following the course you will be working with a fellow student to develop further. There will be pre-workshop reading & a pre-reflection questionnaire

How do I book?

The course fee is €675. Bookings paid before 1st September will receive 15% discount. The course fee includes a workbook, lunch and beverages on each day. *For the first 3 and subsequent 2 paid bookings we offer a free place to a registered charity.* Send your name, details and course description to [Caitriona](#) for us to send you an invoice.