



Course details

Course title

Personal Development: Assertiveness skills for life

Course code

Q00018539

Course date

Start: 06/11/24

End: 18/12/24

Number of classes

7 sessions

Timetable

Wed 6th Nov, 10:00 to 12:00

Wed 13th Nov, 10:00 to 12:00

Wed 20th Nov, 10:00 to 12:00

Wed 27th Nov, 10:00 to 12:00

Wed 4th Dec, 10:00 to 12:00

Wed 11th Dec, 10:00 to 12:00

Wed 18th Dec, 10:00 to 12:00

Tutor

Linda Bennett

Fee range

Free to £58.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

KCU Ltd at Fuller Church (Kettering)
51 Gold Street
Kettering
NN16 8JB

Course overview

Build your confidence and assertiveness with our Personal Development: Assertiveness Skills for Life course. Learn techniques for effective communication and self-expression. Ideal for individuals looking to improve their interpersonal skills and confidence.

Course description

Personal Development: Assertiveness Skills for Life is designed to help individuals develop the confidence and communication skills needed to express themselves effectively. This course covers key aspects of assertiveness, including understanding assertive behaviour, setting boundaries, and handling difficult situations. Participants will learn techniques for clear and respectful communication, managing conflicts, and standing up for their rights without aggression. The course includes practical exercises, role-plays, and discussions that allow students to practice and refine their assertiveness skills. By the end of the course, participants will have the tools and confidence needed to communicate assertively in various personal and professional situations. This course is ideal for anyone looking to improve their interpersonal skills and build confidence in their ability to express themselves.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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