

100% Effective

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Online Self-Esteem and Assertiveness Training

Quality - Support - Innovation

Lack of confidence can have a negative effect on all areas of our life, from personal relationships to professional growth. This short course looks at some key ways in which you can improve how you feel about yourself, giving you the confidence to become more assertive and gain a healthy sense of self-esteem.

Please note that this course offers general tips and suggestions specifically developed in the context of professional development and should not replace medical advice if you think low self-worth is having a significant, damaging impact on your work or relationships.

The course is interactive and engaging, and is fully optimised for all devices. You'll get one month's access to it and will also benefit from our lifetime support. On completion, you will receive a certificate and one CPD point.

100% Effective's online Building Self-Esteem & Assertiveness training has a high customer satisfaction rating, with an average score of 5 stars out of 5.



At A Glance



Fully optimised



One month's access



Unlimited, lifetime support



One CPD point

Benefits

Low self-esteem can prevent you from reaching your full potential. By becoming more assertive, you'll find yourself more able to succeed at work and more confident in your personal life.

This course will help you:

- Recognise your worth
- Develop techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns
- Learn how to turn negative thoughts into positive ones
- Learn how to get what you want
- Set goals that reflect your dreams and desires, and reinforce healthy patterns

Course Content

This short course will teach you how to better understand self-esteem and its wider impact. You'll be given the tools you need to improve your self-esteem, increase your assertiveness and help you to become a better communicator.

The course covers:

- Defining self-esteem
- The link between assertiveness and self-esteem
- Characteristics of low self-esteem
- The impact of negative self-talk
- How to be 'good enough'
- Developing healthier patterns
- Building confidence in others
- Building your own confidence
- Reversing negative thoughts
- How to ask for what you want
- Being assertive and getting results
- Setting goals and identifying your dreams
- Creating solutions and closing negotiations

Is it for me?

This course is perfect for anyone who thinks their low self-esteem is holding them back. You'll be provided with some key tips for improving your confidence and preventing negative

thoughts, as well as advice on how to ask for what you want (and get it).

There are no prerequisites for taking this training course.