



Centre
of Learning
Learn. Connect. Grow.

a part of **W** The **WiB** Group

Leadership and Management Training Assertiveness in Action




RATHBANE
GROUP

Our partners:

 **Belfast
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Assertiveness in Action



Struggling to speak up at work? Setting boundaries, giving feedback, or navigating conflict can be uncomfortable at the best of times, let alone in professional environments. Hesitating to assert yourself can lead to stress, missed opportunities, and burnout.

Learning how to be assertive enables us to have an honest conversation with others while also preventing adverse effects on our relationships. It removes the fear and concerns over how we might say something.

A 1 day in person programme, delivered by Andrew Toogood - Proclaim Consulting.

At a glance:

- What is assertiveness and why does it matter?
- Types of behaviours
- Examining your locus of control
- Creating a confident mindset
- Building psychological safety
- Setting boundaries



Become equipped with practical tools to confidently express yourself, set boundaries, tackle challenges, recover from setbacks and build a healthier mindset.

Understand the core principles of assertiveness, build your skills and assess your current mindset, learn how to say 'no' with confidence, deliver constructive feedback and create win-win solutions through conflict resolution.

Increase life satisfaction, improve team performance, create better outcomes and become more a more confident communicator both at home and work.



Find out more: centreflearningni.com

Assertiveness in Action



Andrew Toogood - Proclaim Consulting, Managing Director

An in demand communicator & leader with over 20 years experience working with a wide range of organisations and brands, Andrew specialises in creating high performance culture by developing emotionally intelligent leaders and teams. A certified Herrmann® practitioner, his areas of particular interest include assertiveness, communication, influence & persuasion, resilience, emotional intelligence and high performance dynamics.



Find out more: centreforlearningni.com

What others have to say

Nicole Deery

Progressive Building Society

It was brilliant from start to finish! Andrew is very knowledgeable particularly in the science and psychology behind why we think, feel and behave certain ways which I found useful in all aspects of work/home life.



Melanie Wilson

Progressive Building Society

Fantastic course. Course material and delivery brilliant. Very comfortable environment to talk openly and freely.

Natalie Millar

Aflac

Fantastic programme, thank you Andrew. Really well delivered, right level of interaction and a lot of content and leanings to reflect on and apply. Also felt like a safe and open space which made for a really successful day.



What makes our programmes different?



Tailored content which is **relevant to today's working world**



Programmes to **address the challenges and barriers** often faced by women



Insights and advice on best practice as well as key tools from **industry leading facilitators**



External training provides the **opportunity to connect and learn with like minded women** outside of your organisation



Engaging programmes with **practical tools which can be applied immediately** to support continued development



Discounted rates for Women in Business, CBI and Northern Ireland Chamber members.



Our partners:



Our customers



Since commencing in 2019, we have had the privilege of providing training support to over 4000 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



Our partners:



Contact the team



Start your journey to learn, connect and grow today.



Nicky Scott
Head of Programmes & Development
nicky@centreoflearningni.com



Maria McCaffrey
Programmes Coordinator
info@centreoflearningni.com



Gemma Weir
Sales Coordinator
gemma@centreoflearningni.com



Our partners:



Centre of Learning Office

Arthur House, 41 Arthur Street, Belfast BT1 4GB
Visit: womeninbusinessni.com/centre-of-learning

