

# Learn to Better Assert Yourself

 Top pick

**DURATION**  
**2 DAYS**

**REGULAR FEE**  
**945 \$**

**PREFERENTIAL FEE**  
**850 \$**

## Objectives

To provide the knowledge and skills required to adapt and adjust the way in which you express yourself with the various types of people you meet in your personal and professional life.

## Targeted audience

Any audience.

## Prerequisite

None.

## Content

- Learning to express your ideas, opinions and personal values with tact and diplomacy
- A model for deciphering different personalities
- Tools and strategies for expressing feelings, emotions and needs while ensuring that you respect yourself and others
- Self-affirmation for building credibility, communicating with tact and integrity
- Affirming yourself within a team
- Attitudes and behaviours to adopt and avoid
- Identifying obstacles and attitudes that prevent healthy self-affirmation
- Learning how to express your ideas and feelings, lead a discussion and contribute to group dynamics
- Anticipating and handling the impact of your self-affirmation, dealing with diversity, divergent opinions, and managing conflicts
- The impact of self-destructive behaviour, passive and aggressive behaviour
- The importance of verbal and non-verbal communication
- The importance of perceptions, values and beliefs
- Introversions vs. extroversions
- The phenomenon of short circuits in the rational brain and its impact on health, cognitive functions and the ability to deal with adversity
- Personal improvement plan for self-affirmation

440 René-Lévesque West Blvd, 5th Floor, Montreal (Quebec) H2Z 1V7

Phone: 514 380 0380 | toll free: 514 380 0380 (Mtl) / 418 681 0865 (Qc) / 1 877 380 8228

<http://www.technologie.com/en/human-capital-and-management/personal-development/learn-to-better-assert-yourself/>

Contact Us: [formation@technologie.ca](mailto:formation@technologie.ca)

© 2019 All rights reserved Groupe informatique Technologie inc.

## Select the training date\*

Quebec City	November 6 to November 7 2019
Montreal	November 18 to November 19 2019
Gatineau	December 9 to December 10 2019
Montreal	March 3 to March 4 2020
Gatineau	May 4 to May 5 2020
Quebec City	May 28 to May 29 2020
Montreal	June 15 to June 16 2020

## Accreditation and partners association



The PMI Registered Education Provider logo is a registered mark of the Project Management Institute, Inc.

**12 PDU**