

PERSONALITY ENHANCEMENT TRAINING

Assertiveness & Confidence Building

Develop the confidence to express yourself clearly, communicate assertively, and build stronger personal and professional relationships.

3-Phase Program

Certified Trainers

500+ Students Trained

About the Course

Many people hesitate to express their opinions, avoid saying "no," or struggle to communicate confidently because of fear, self-doubt, or lack of confidence. Others become too aggressive while expressing themselves, which often creates misunderstandings and damages relationships.

The key to effective communication is assertiveness — the ability to express your thoughts, feelings, and opinions confidently while respecting the rights and perspectives of others. This course is designed to help students, professionals, and leaders communicate with confidence, handle difficult conversations, and build lasting self-confidence through practical exercises, role plays, and real-life situations.

By the end of this course, you'll be able to express yourself confidently, build stronger relationships, and handle challenging situations with professionalism and composure.

3

PHASES

5 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is ideal for students, job seekers, working professionals, team leaders, managers, entrepreneurs, and anyone who wants to improve confidence and communication skills. No prior experience is needed.

What You'll Gain



Build confidence in
everyday communication



Express opinions
respectfully



Develop leadership &
interpersonal skills

Course Structure

Phase 01 · Understanding Assertiveness & Self-Awareness

This phase introduces the fundamentals of assertiveness and helps you understand your own communication style, identifying behaviors that affect your confidence.

WHAT YOU WILL LEARN

- Definition and benefits of assertive behaviour
- Assertive vs. aggressive vs. passive behaviour
- Understanding human behaviour at work
- Self-assessment of communication style
- Identifying strengths & areas for improvement
- Cultural and gender influences on behaviour
- Building positive workplace relationships
- Overcoming fear and barriers to assertiveness

OUTCOME

- Understand your communication style and build self-awareness
- Recognize barriers to assertive communication and improve relationships

Phase 02 · Core Concepts of Assertiveness

Learn the key principles of assertive communication and how to apply them in real-life situations — setting boundaries, managing conflict, and communicating respectfully.

WHAT YOU WILL LEARN

- What is Assertiveness?
- Assertiveness and Assumptions
- Assertiveness and Status
- Conflict and Assertiveness
- Setting Clear Boundaries

OUTCOME

- Communicate confidently and respectfully, set healthy boundaries
- Handle disagreements calmly and reduce misunderstandings

Phase 03 · Advanced Assertiveness & Confidence Skills

This advanced phase focuses on persuasive communication, negotiation, emotional intelligence, and handling difficult conversations with confidence.

WHAT YOU WILL LEARN

- Skills of Assertive Communication
- Persuasion Techniques
- Negotiation Skills
- Emotional Intelligence & Empathy
- The Art of Saying "No"
- Raising Sensitive Issues
- Resolving Workplace Conflicts
- Dealing with Difficult People
- Managing Emotions
- Types and Stages of Negotiation
- Building an Action Plan for Continuous Improvement

OUTCOME

- Speak confidently in challenging situations and negotiate effectively
- Handle difficult personalities professionally, improve leadership skills, and build long-term confidence

What Students Say

"I used to stay quiet during meetings even when I had good ideas. This course helped me express myself confidently without feeling nervous."

Neha Sharma

HR Executive

"Learning how to say 'no' politely and set boundaries has improved both my work life and personal relationships."

Amit Verma

Software Engineer

Frequently Asked Questions

Do I need any prior experience?

No. The course is suitable for beginners as well as professionals looking to strengthen their assertiveness and confidence.

Is the course practical or theory-based?

The course focuses on practical learning through role plays, case studies, group discussions, interactive exercises, and real-life communication scenarios.

Will this course help me in interviews and workplace communication?

Yes. The course improves interview performance, workplace communication, leadership skills, public speaking, negotiation, and professional confidence.

Will I receive a certificate?

Yes. Participants receive a Certificate of Completion after successfully completing the course.

How do I enroll?

You can enroll directly through the course page or contact our team for information about upcoming batches, schedules, and course fees.

Ready to Build Confidence and Communicate Assertively?

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