CDU Short Courses

**ASSERTIVENESS TECHNIQUES**

*A 2 day course developed by the Australian Institute of Management and facilitated by Charles Darwin University.*

This course will provide you with personal insight into the ways in which you respond to different people, situations and events. With a strong focus on communication and behaviour, it gives you tools and techniques to effectively manage your responses and express your views and plans.

**THIS COURSE IS RIGHT FOR YOU:**
If you want to become more assertive, better understand your own and the behaviour of others and communicate more effectively.

**YOUR EMPLOYER WILL BENEFIT BECAUSE:**
You'll have the confidence to express your ideas, opinions, wants and needs while building more productive workplace relationships.

**LEARNING OUTCOMES:**
- Recognise, monitor and control your behaviour
- Identify when, why and how to respond assertively
- Demonstrate your assertive rights
- Openly express how you feel

**FOR MORE INFORMATION CONTACT**
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