

ASSERTIVENESS & CONFLICT HANDLING

SELFHANDHAWING & KONFLIKHANTERING



DURATION

2 Days

CONTENTS

How are you compiled?

Self-image

Questionnaire on assertiveness

How does doormat (obedient actions) originate?

Aggressiveness

Assertiveness

Characteristics of styles

What are you afraid of to act assertively?

5 Finger assertiveness communication

Examples to exercise

GROUP SIZE

Maximum 20 learners, minimum 10 learners

DUUR VAN KURSUS

2 Dae

INHOUD

Hoe is jy saamgestel?

Selfbeeld

Vraelys selfhandhawing

Hoe ontstaan deurmat (onderdanige optrede)

Aggressief

Selfhandhawing

Eienskappe van style

Wat vrees jy om selfhandhawend op te tree

5 Vinger selfhandhawende kommunikasie

Voorbeelde om te oefen

GROEP GROOTTE

Maksimum van 20 leerders, minimum van 10 leerders.