Assertiveness and Self-Confidence

Course Overview

This course will introduce students to assertiveness and self-confidence, including what self-confidence means to you, obstacles to your goals, communication skills, the importance of goal setting, feeling the part, looking the part, sounding the part, powerful presentations, coping techniques, and dealing with difficult behavior.

Module 01 - Getting Started   2m
Topic A: Navigate the PowerPoint Environment
Getting Started

Module 02 - What Does Self-Confidence Mean To You?   6m
What Does Self-Confidence Mean To You?
Case Study

Module 03 - Obstacles to Our Goals   3m
Obstacles to Our Goals
Case Study

Module 04 - Communication Skills   7m
Communication Skills
Case Study

Module 05 - The Importance of Goal Setting   4m
The Importance of Goal Setting
Case Study

Module 06 - Feeling the Part   3m
Feeling the Part
Case Study

Module 07 - Looking the Part   4m
Looking the Part
Case Study

Module 08 - Sounding the Part   4m
Sounding the Part
Case Study

Module 09 - Powerful Presentations   3m
Powerful Presentations
Case Study

Module 10 - Coping Techniques   4m
Coping Techniques
Case Study

Module 11 - Dealing with Difficult Behavior   4m
Dealing with Difficult Behavior
Case Study

Total Duration: 43m