

Workplace Assertiveness Workshop

The Office Whisperer 

presents



Workplace Assertiveness Workshop

Ever had a work conversation that felt like you were speaking a foreign language? Does everyone in the office have a different idea of workplace culture?

This workshop will help you to understand your own communication style as well as your colleagues. Come away equipped with tools and skills to feel empowered, heard and able to navigate conflict.

Workshop Objectives

- Confidence and Self-expression
- First impressions
- The STAR Method
- Building Rapport
- Goal Setting
- Body Language
- Personality Conflicts

Communication is an integral skill needed for every part of our lives. By investing in this workshop you will find that the tools and skills will benefit your home and social relationships too. This leads to less stress, less misunderstandings and a happier you!



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