

# Course : Self-affirmation and assertiveness

Practical course - 1d - 7h00 - Ref. LUA

Price : 790 € E.T.

NEW

Develop your self-confidence and assert yourself with accuracy. This one-day training course helps you understand the mechanisms of self-confidence, overcome your limiting beliefs and adopt an assertive posture for balanced and effective professional relationships.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Identify the mechanisms of self-confidence and self-esteem.
- ✓ Adopt an assertive posture in professional interactions.
- ✓ Managing emotions to maintain balanced communication.
- ✓ Develop a coherent, positive self-image.

## Intended audience

Anyone wishing to boost self-confidence, develop assertiveness and improve interpersonal communication, whatever their position or hierarchical level.

## Prerequisites

None.

## Practical details

### Hands-on work

Short theoretical inputs, self-reflection exercises, role-playing exercises, group discussions, digital support and individual handbook.

## Course schedule

### PARTICIPANTS

Anyone wishing to boost self-confidence, develop assertiveness and improve interpersonal communication, whatever their position or hierarchical level.

### PREREQUISITES

None.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.

Participants also complete a placement test before and after the course to measure the skills they've developed.

## 1 Understanding the foundations of self-confidence and self-esteem

- Defining confidence, self-esteem and assertiveness.
- Identify the psychological and biological mechanisms of confidence (brain, emotions, hormones).
- Spot the signs of a lack or excess of confidence.
- Distinguish between self-confidence and professional performance.

### Hands-on work

Self-diagnosis of confidence levels and identification of situations triggering insecurity.

## 2 Adopt an assertive stance in professional relations

- Understand different relational behaviors: passive, aggressive, manipulative, assertive.
- Set limits and express your needs without guilt.
- Use non-violent communication to enhance the quality of exchanges.
- Handle objections and disagreements calmly and respectfully.

### Role-playing

Saying no, expressing criticism, managing confrontation with assertiveness.

## 3 Building confidence through emotional management and action

- Identify and name emotions in professional interactions.
- Use emotions as adjustment signals.
- Develop mental and physical stabilization routines (breathing, anchoring, visualization).
- Set up a personal action plan to build lasting confidence.

### Tutored hands-on work

Guided breathing exercises, drafting of a personal plan to boost self-confidence and self-esteem.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## Dates and locations

### REMOTE CLASS

2026 : 19 June, 7 Sep., 9 Dec.

### LUXEMBOURG

2026 : 12 June, 31 Aug., 2 Dec.