

# Course : Assertiveness and assertiveness training

intensive training, customized analysis

*Practical course - 2d - 14h00 - Ref. ASP*

*Price : 1610 CHF E.T.*

★★★★☆ 4,6 / 5

This course is designed for anyone who has already mastered assertiveness techniques and would like to acquire concrete, personalized tools to boost their self-confidence, dare to assert their added value in a professional context, and know how to manage difficult situations or personalities.

## Teaching objectives

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

- ✓ Identify your level of assertiveness and self-confidence
- ✓ Mastering the five resource dimensions of self-confidence
- ✓ Develop self-perception and rapport with others
- ✓ Asserting yourself and speaking up in difficult situations
- ✓ Build your progress plan based on the five resource dimensions

## Intended audience

Anyone who has taken the course "Assertiveness and assertiveness, ref. ASO" or who wishes to perfect their assertiveness skills.

## Prerequisites

Good basic knowledge and willingness to engage in self-awareness work.

## Practical details

### Hands-on work

Test and assessment of your level of assertiveness. Role-play a situation illustrating a strong point or an area for improvement.

## Course schedule

### PARTICIPANTS

Anyone who has taken the course "Assertiveness and assertiveness, ref. ASO" or who wishes to perfect their assertiveness skills.

### PREREQUISITES

Good basic knowledge and willingness to engage in self-awareness work.

### 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 Assess your level of assertiveness and self-confidence

- Mechanisms for building self-confidence and assertiveness.
- The five resource dimensions: rational, emotional, social, physical and sensory.
- Identification of strengths and areas for improvement based on the five dimensions.

### Hands-on work

Assertiveness test. Each participant chooses one or two key points to work on during the course, and shares them with the group.

## 2 Build assertiveness and self-confidence through practice

- Discussion and exchange of case studies.
- A succession of "tailor-made" case studies, role-playing or adapted exercises

### Hands-on work

Role-playing, concrete case studies or exercises appropriate to the points worked on. Debriefing

## 3 Develop the pride and audacity to be yourself

- Work on your self-perception and learn to overcome your fears (stage fright...).
- Build self-confidence: set yourself a "personal challenge" based on a situation that puts the participant in difficulty.
- Practise taking the floor by presenting your "personal challenge" and improve your posture with audience feedback

### Hands-on work

Preparation and successive presentation of "challenges". Collective debriefing.

## 4 Building your progress plan

- Define personal goals based on the 5 resource dimensions.
- Public speaking with confidence: present your progress objectives to the group.

### Hands-on work

Work in pairs and enrichment in large groups.

### 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 : 21 May, 21 May, 8 Oct., 8 Oct., 17 Dec., 17 Dec.