

Assertiveness

course in slough

Thames Valley Chamber of Commerce are running a one-day course on assertiveness techniques on Tuesday 3 April 2007 at their training centre in Malton Avenue, Slough.

The aim of the course is to give the participants a clear understanding of their communication style and how best to use Assertiveness techniques in their every day work. The course will be fully interactive in helping people understand how their behaviour effects other people and how they can make positive changes to gain better communication and outcomes in their working environment.

By the end of the course the participants will be able to build self awareness on how they impact others with their style of communication. This will involve identifying the key differences of passive, assertive and aggressive behaviours and the impact they have on effective communication. Participants will be able to identify their own communication style (and how it affects others) as well as describe and practice a range of assertiveness techniques.

- **Time : 9.00am - 4.30pm**
- **Cost:**
 - Members : £265.00 + £46.38 vat = £311.38**
 - Non Members : £355.00 + £62.13 vat = £417.13**
- **Venue: Thames Valley Chamber Training, 467 Malton Ave, Slough, Berkshire, SL1 4QU**
- **More Info: www.thamesvalleychamber.co.uk/whatson**



www.businessinberkshire.co.uk/businessinslough