Mastering Positive Assertiveness with SOCIAL STYLE

Category: Professional & Leadership Development | **Vendor:** Tracom

Duration: 16.00 hours (2 days) **13.0 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

Ensuring that you are both heard and understood is an essential skill, but it can easily come across as antagonistic and confrontational. Whether addressing behavioral issues or directing a meeting, it is important that you be properly self-confident and empathetic, while maintaining positive work relationships. This course has been approved for 14 PDUs | 14 CDUs

About This Course

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Who Should Attend

Team leaders, managers, executives and other business professionals, as well as those who would benefit by being able to assert themselves more effectively in a professional environment will benefit from this course.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Apply communication styles that maximize benefits Utilize the art of asking questions to elicit more from others Make the best first impression by looking, sounding, and being confident Augment your listening and hearing skills to increase engagement Leverage your body language for full communication

Detailed Course Outline

An Overview of Modern Assertiveness

- Understanding modern assertiveness
- Establishing the three levels of “self”
- Understanding your rights to self-assertiveness

Understanding Communication Styles with SOCIAL STYLE®

- Authenticity and Awareness
- The Four Behavioral SOCIAL STYLES®
- Leveraging the four styles for positive assertiveness

Dimensions of Interpersonal Communication

- Hearing, listening, and active listening
- Employing empathy within communication
- Questioning with proper intent
- Comprehending the impact of your thoughts on your reality

The Importance of Body Language

- Understanding non-verbal communication
- Making a powerful first impression
- Leveraging the para-verbal keys to communication
- Speaking with confidence

Dealing with Difficult Situations

- Relaxing and reducing anxiety
- Dealing with difficult people
- Utilizing best practices in communication
- Building rapport and trust

Reaching Alignment and Giving Great Feedback Building consensus

- The Four Dimensions of Trust
- Giving feedback effectively with POP and SSC
- Using “we” language to build better consensus

Upcoming Schedule

Available training dates for Mastering Positive Assertiveness with SOCIAL STYLE:

Start Date	End Date	Location	Delivery	Price
03 Dec 2026	04 Dec 2026	Online	Virtual	€1,195.00

Frequently Asked Questions

Q: What delivery options are available for Mastering Positive Assertiveness with SOCIAL STYLE?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

Q: How many CPD hours does this course provide?

The 2-day Mastering Positive Assertiveness with SOCIAL STYLE course provides up to 13.0 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Mastering Positive Assertiveness with SOCIAL STYLE training?

The training takes place over 2 day(s), with each day lasting approximately 16.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Mastering Positive Assertiveness with SOCIAL STYLE?

Yes, we provide corporate training, dedicated training, and closed classes for Mastering Positive Assertiveness with SOCIAL STYLE. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Mastering Positive Assertiveness with SOCIAL STYLE?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Mastering Positive Assertiveness with SOCIAL STYLE training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

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