

Why the need for assertiveness training?



The first, of 3 Assertiveness (1-day) course was hosted on 29th October 2018 at the J&J Belmont Square Conference Centre.

During recent months employees have lodged grievances and complaints around disrespectful behaviour from Building Foremen, Site Managers and Management -showing little regard around how labour and communication issues are handled. While some might be seen as trivial,

racial disrespect can lead to prosecution in more serious cases.

The course generally gives the candidates exposure to dealing with employees and colleagues in a respectful manner, with diplomacy and takes your personal communication style into consideration. The course is beneficial in developing self-esteem, while even non-assertive communicators could learn to enhance their communication skills.

Self-awareness, and better relationships with self and others can make or break the workplace. This course can also assist with the journey to own transformation.

Assertiveness is a skill regularly referred to in social and communication skills. Being assertive means being able to stand up for your own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting 'wrong'.

Many people feel that if they assert themselves others will think of their behaviour as aggressive. There is a huge difference between being assertive and being aggressive. Assertive people state their opinions while being respectful of others. Aggressive people attack or ignore others' opinions in favour of their own.

Assertive behaviour is one of the first steps to self-awareness, and as Ghandi would say: "*You must be the change you wish to see in the world*"



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