

Assertiveness - why is it worth sending employees to assertiveness training?

We especially recommend strengthening assertiveness to employees who:

- they cooperate with
- others, manage a
- team, have contact with clients or contractors

An employee without an assertive attitude

- is afraid to express their recommendations and recommendations, which may deprive the company of the most effective solutions
- is prone to giving in to pressure from contractors, clients and co-workers
- may react emotionally to the feedback received, may avoid contact and feel
- dissatisfied with work
- may have difficulty performing assigned tasks on time: assumes the responsibilities of colleagues, contractors or subordinates
- may complete tasks on time, at the expense of working overtime, resulting in frustration and burnout

Assertive employee

THIS IS WHAT WE TEACH IN THE TRAINING

- expresses his/her opinion and recommends solutions to problems
- effectively enforces the execution of instructions, fulfillment of contract terms, etc.
- resolves conflicts, undertakes difficult conversations and does not run away from problems
- is able to defend the company's interests and does not give in to attempts to exert influence
- communicates the needs of themselves, the team and the entire organization
- is more effective and self-confident

A package of EXTRA benefits for training at 4GROW



- ✓ **The trainer will ask about the needs and propose an optimal program** - we can talk today about the employee's problems and needs to make sure they are met. And they will be fulfilled, even if they go beyond the training formula, because only with us the "program" means something more than the training itself:
- ✓ **Individual training after training** - when the employee needs to deal with a challenge that goes beyond the training program, but related to assertiveness, or prepare for an important and difficult situation in the company, e.g. a conversation with a difficult client, enforcing the contractor's performance of the contract
- ✓ **"Unlimited" telephone support from a trainer** - when your employee feels that he or she wants to verify his or her needs, he or she needs a consultation because the situation he or she has encountered requires additional knowledge.
- ✓ **Guaranteed date** – we guarantee training for as few as 3 participants. We do not cancel training.

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