

Assertiveness Training Course



Location

South East, Berkshire<https://www.freeadsz.co.uk/x-298315-z>

A one day Assertiveness Training Course designed to help people deal with difficult situations and people more effectively. Learn how to stand up for yourself, communicate your needs and wants clearly and to say "no" when appropriate. Increase your self confidence and boost your self esteem. We run this course at several locations throughout the UK. The next course at the Holiday Inn in Basingstoke is on Wednesday 13th April. The cost of the course is £240 +VAT per person and includes a comprehensive set of notes, buffet lunch, tea and coffee. For more than one person from the same organisation on the same course and date we give a 10% discount. For 4 or more people from the same organisation an in house course is more cost effective and can be tailored to your specific requirements. To book a place or for more details please visit our.

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