

Standing up for yourself



TRAINING

How do you increase more self-confidence?

Standing up for your own opinion? It's a fundamental right. It's chiseled in the Universal Declaration of Human Rights. And yet sometimes it's so hard to say no. Or to stand up for your needs without feeling guilty.

But why? There are many reasons that may have influenced your ability to stand up for yourself. Perhaps you prefer avoiding confrontation, or maybe you struggle with recognizing your own needs and setting boundaries. However, when you put yourself first, you achieve a lot more. During this training you will learn to take your own needs seriously! Finally.

You build your self-confidence through simulations and interactive exercises. And you silence your inner critic. Then we zoom in further on the mental aspect, assertive behaviour and communication techniques to learn to set your limits. But always in an emotionally safe context. Sounds too good to be true? Where there is a will, there is a way. Our training is a highway.

LENGTH

half a day or a full day

NUMBER OF PARTICIPANTS

between 4 and 12

LANGUAGE

Dutch or English

LEARNING OBJECTIVES

In a nutshell: what will you learn during the training?

That insecurity, fear or even panic are the result of what you are thinking when faced with a certain situation.

What thoughts are stopping you from taking action.

That limiting thoughts lead to offensive, evasive or passive behaviour. How do you get out of your fight, flight or freeze response?

How to tell the other person what you think, feel and need.

How to consciously choose thoughts that make you feel confident.

How to say no to things you don't want to do.

You can opt for a half day or a full day of training. The content remains the same. However, if you opt for the shorter version, the pace will be a bit faster. During the full day, there will be more practical cases.

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