



Confidence and Assertiveness for Women

BRISBANE

22 - 23 February 2024

LIVE ONLINE TRAINING

25 - 28 June 2024



Attend In-Person

REGISTER NOW

www.informaconnect.com/academy

Course Information

BRISBANE

22 - 23 February 2024

Live Online Training

June 2024

Part 1

25 June

Part 2

26 June

Part 3

27 June

Part 4

28 June

1pm - 5pm AEST

Key Learning Objectives

- Eradicate inner conflicts which might limit workplace performance
- Master sustainable control of stress and stressors in the work environment
- Improve positive-attitude maintenance in challenging situations
- Assess personal leadership style quickly, accurately and privately
- Assess candidly the influence your personality has on others
- Lead through 'empowerment' not power
- Gain respect and appreciation from those with whom you interact
- Experience a sense of personal growth
- Be the first to initiate
- Expect and give acceptance to maintain esteem

Who Will Benefit

- Women involved with management, or looking to make the transition into a leadership role
- Anyone looking to improve their work relationships
- Quite simply, any women in leadership roles striving for more from their life and career

Meet Your Course Director



Sandi Givens

Sandi has a unique ability to connect with, engage and enthuse her entire audience, irrespective of size, demographic or skill level. Exceptional communication and interpersonal skills, and leading-edge educational and learning technologies enable Sandi to inspire people to incorporate new behaviours and attitudes in their daily lives.

With over 26 years of professional experience in training and management, her primary goal is to help people learn, rather than merely tell them what to do. For the past 15 years, Sandi has worked as a consultant and director of her own company, Knowledge-Able Pty Ltd.

Sandi is skilled in the areas of needs analysis, program design and development, customisation for individual clients and post-program coaching to ensure application of new skills and behaviours in the workplace.



"I felt so immersed for the whole 2 days. I left wanting more, just what I need! Thank you, thank you, thank you."

Head of Safety, EDG-Woolworths

"One of the best training/workshops I have ever attended. Sandi was very engaging and personable with her stories. Highly recommended course!"

Senior Coordinator, UTS

"Thank you Sandi for a wonderful and supportive few days!"

National Programs Manager, Questacon

"Sandi is a wonderful speaker who kept everyone interested with stories and examples."

Business Analyst, Sydney Catholic Schools

"I felt so immersed for the whole 2 days. I left wanting more, just what I need! Thank you, thank you, thank you."

Head of Safety, EDG-Woolworths

Course Outline

About the Course

Confidence & Assertiveness for Women course is developed to assist you in acquiring tools and strategies that will strengthen your personal awareness, interaction and leadership skills and further define your style in the current and evolving organisational climate.

With a unique process that will continue your learning post-program, you will firstly identify and then deconstruct any challenges holding you back from gaining recognition and reward in your work career and life.

The personal leadership elements of this assertive communication course is designed to help develop a lasting commitment to deepen personal and professional capacities, disentangling internal experience from external circumstance and recognising that we are the creators of the former and not the victims of the latter.

This is a rare opportunity to experience Sandi's magic and benefit from her unique insights into how to become a confident woman and how we as women can achieve more of what we desire without sacrificing other vital areas of our lives.

IDENTIFYING YOUR GLASS CEILINGS

- Demystifying the concept of glass ceilings
- Beliefs and assumptions that are holding you back
- Your unique "Life Arenas" map
- The impact of Internal and External factors

IDENTIFYING YOUR DESIRED STATE IN EACH AREA OF YOUR LIFE

- Knowing your desired direction
- Your biggest opportunity for change
- Your ideal states in:
 - Career and work
 - Health and fitness
 - Home and family
 - Other parts of your life

IDENTIFYING THE GAPS: DEVELOPING AN ACTION PLAN

- What are your priorities and how can you live according to those?
- The first steps
- Your own personal criteria for success

WHY YOU ARE WORTH IT!

- The essential pillars of self-esteem
- Are you your own worst critic?
- Why and how we block our own progress

MANAGING YOUR INTERNAL STATE

- The different forms of internal dialogue: optimistic and pessimistic
- The physiology of ultimate confidence and charisma
- Reframing – you can reprogram negative self-talk!
- Critical language distinctions

ASSERTION MODEL: TO ACHIEVE WIN/WIN OUTCOMES

- The litmus test of assertiveness
- Identifying mutual 'Wins'
- Why people don't listen to you when you're in conflict

EXPLORING GENDER DIFFERENCES

- Communicating facts and feelings
- Different approaches to problem solving
- How men and women negotiate differently

PERSONALITY: WORKING WITH DIFFERENCES

- Understanding your strengths and limitations
- Knowing how you may be perceived by others
- Building behavioural flexibility to work more effectively with a difference

THE POWER OF QUESTIONS

- Yes – you can coach yourself!
- How to know when you are dealing with the real issue
- What to do when the other person won't answer

ACTION PLAN: CONTINUING YOUR LEARNING BEYOND THE PROGRAM

- How to keep the momentum going
- What to do when you are stuck
- The importance of celebrating success

Confidence and Assertiveness for Women

BRISBANE

22 - 23 February 2024

LIVE ONLINE TRAINING

25 - 28 June 2024

Easy Ways to Register



www.informaconnect.com/academy



+61 (02) 9080 4399



training@informa.com.au

Confidence and Assertiveness for Women

Course Code	Location/ Format	Course Dates	Early Bird price valid until 2 Feb 24		Standard price valid after 2 Feb 24		Great Savings: When you book 4 or more participants! Call us today on +61 (2) 9080 4399 or email training@informa.com.au to take advantage of the discount offer.
P24GC05BR	Brisbane	22 - 23 February 2024	\$2,195.00 + \$219.50	\$2,414.50	\$2,495 + \$249.50 GST	\$2,744.50	

Course Code	Location/ Format	Course Parts	Course Dates	Standard Price		Great Savings: When you book 4 or more participants! Call us today on +61 (2) 9080 4399 or email training@informa.com.au to take advantage of the discount offer.
P24GC05AUV	Live Digital	All 4 Parts	25 - 28 June 2024	\$2,195 + \$219.50 GST	\$2,414.50	

Terms, Privacy Policy & Updating Your Details: Please visit us at www.informaconnect.com/terms-and-policies for terms and conditions and privacy policy.

Database amendments can be sent to database@informa.com.au or call **+61 (2) 9080 4399**.

ABOUT INFORMA CONNECT ACADEMY

Informa Connect

Academy

Informa Connect Academy is a premier provider of global education and training solutions that caters to a diverse range of professionals, industries, and educational partners. We are dedicated to promoting lifelong learning and are committed to offering learners expert guidance, training, and resources to help them stay competitive in a rapidly changing world.

Our comprehensive range of courses and programmes are tailored to meet the needs of all professionals, from aspiring specialists to seasoned experts. We partner with elite academic organisations and industry leaders with unmatched expertise in their respective fields to deliver an exceptional learning experience.

ON-SITE & CUSTOMISED TRAINING

Informa Connect Academy has a long-standing track record of delivering very successful customised learning solutions achieving real and measurable value for our clients through our senior training consultants. If you have 8+ interested people, an on-site course can be the ideal solution – giving you the opportunity to customise our course content to your specific training needs, as well as attracting significant savings compared to public course costs.

WHY CHOOSE ON-SITE WITH INFORMA CONNECT ACADEMY?

- 1. Custom design** – Together, we will identify the best blended learning solution for your culture, your people and your training objectives.
- 2. Quality assured** – We design market-leading training programs, concepts and methodologies, with a 400+ course portfolio. Our rigorously selected 900+ instructor faculty are recognised experts in their field. Quality of their content and delivery methods is assured through continuous monitoring and evolution.
- 3. On-site training** is a cost effective way to train your people and achieve your defined outcomes.

Speak with **Sushil Kunwar** on **+61 (2) 9080 4370** to discuss your customised learning solution, or email inhouse@informa.com.au



+61 (02) 9080 4399



training@informa.com.au



www.informaconnect.com/academy