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Boundaries And Assertiveness

Course Code

FOL6A05Y2

Time and duration

Start Date: 07 November 2020

Start Time: 10:00

Lessons: 2

Weeks: 2

Hours: 5.00

Location

Distance Learning Course

ZZ99 9ZZ

Description

Do you find it difficult to say no? Or have a habit of placing other people's needs before your own? Do you sometimes struggle to get a sense of self and communicate openly with people while keeping healthy boundaries? This is your chance to learn tried and tested strategies to communicate more confidently and effectively and develop your own communication style with respect to yourself as well as others.

What Qualification/level is this course?

This course does not lead to a qualification, is for personal development and is at beginner level in this subject.

Who is this course for?

If you struggle with saying 'no', or find it difficult to stay connected to yourself around other people's needs and demands then this course is for you. Also great for increasing your own self-confidence as well as fine-tuning your own communication skills.

What can I expect to learn?

You will learn:

A definition of assertiveness;
Rights and responsibilities;
Active listening techniques;
Developing the ability to say No with confidence and clarity;
Handling difficult situations and people more confidently;
Assertive body language;
Assertiveness techniques for better communication.

How will I learn?

Tutor presentation, online group discussion, ideas and feedback on online live 'chat' and feedback, journal, self-reflections and personal research. Sessions will be interactive and equip participants with a range of tools for immediate application in their own lives and with others in their personal or professional life.

How will I know how well I am doing?

You will receive feedback at different points within the online workshop.

Will I need to do any work at home?

Tools and strategies learnt will be ready to apply and practise in your life.

What will I need to provide?

You will need a laptop or PC with webcam and microphone, internet connection, an email address and be able to access websites.
A notepad and pen.

Are there any other costs?

There are no further costs.

What can I do next?

Personal Development-Be The Best You, starting Thursday 12th November for 6 weeks 6-8.30pm
Healing our Minds and Emotions, starting Wednesday 9th December 6.00-8.30pm for 2 weeks

Your tutor will be pleased to discuss other courses that might assist your progression in further self-development or health and wellbeing topics. For information on ACL courses please see www.aclessex.com

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work. The service offers confidential and impartial advice and is supported by qualified careers advisers. To make an appointment please call 0800 100 900 (calls are free from landlines and most mobile numbers) or visit their website: <https://nationalcareersservice.direct.gov.uk>

Further information

For all enquiries regarding this course please contact 0345 603 7635.