



The Breakthrough Assertiveness and Confidence Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

Call us at: + 61 481 307 778

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The Breakthrough Assertiveness and Confidence Course©

Do your leaders or team members need a breakthrough with assertiveness and confidence?

Assertiveness and confidence play important roles in our everyday lives. Being confident and assertive provides stability when we are faced with a challenge and gives us that push that helps us overcome difficulties.

People who have developed their assertiveness and confidence skills tend to have more clarity, peace, objectivity, courage, productivity and healthy competitiveness. The qualities that people possess are valuable to any corporate team/workplace culture because they result in higher sales, better customer service and more. Additionally, this helps your team to be healthier and more cohesive because team members have enhanced crucial conversations and they understand the importance of feedback and healthy conflict.



An assertive person is confident and direct in dealing with others. Assertive communications promote fairness and equality, based on a positive sense of respect for self and others. It is the direct communication of a person's needs, wants, and opinions without punishing, threatening, or putting down another person. Assertive behaviour includes the ability to stand up for a person's legitimate rights – without violating the rights of others or being overly fearful in the process.



Assertive behaviour involves three categories of skills: self-affirmation, expressing positive feelings, and expressing negative feelings. Each will be explored during this course and they aim to lead participants to more sales, better service and more. Neuroscience has shown us keys to unlock our confidence. As the author of 'Awaken the Wild Lion Within' Scott Epp has developed a coaching methodology to help people break free from their cage and have assertiveness and confidence. Participants will become more self-assured and confident as they awaken the wild lion/wild lioness within and activate strategies in their personal and professional lives.

It has been discovered that confident people share many of the same traits, even across cultures and industries. Cultivating these traits, you already have and developing those that you do not yet have will build your overall self-confidence. We will harness the Breakthrough Assertiveness and Confidence Assessment© to draw out individuals confidence levels and traits.

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Define 4 styles of assertiveness (Passive, Aggressive, Passive-Aggressive and Assertive).
- Participants complete their Breakthrough Assertiveness and Confidence Assessment©.
- Your team will learn to challenge their negative thinking, self-talk and negative comments from others.
- Learning from confidence role models and stepping out of your comfort zone.
- Identify our Personality and Communication Styles and how this relates to our unique Confidence and Assertiveness beliefs and perceptions. We could include a DISC™ Profile, BIG 5™ Profile or Kendall Life Languages™ Profile.
- Participants will identify and reframe limiting beliefs, fears and barriers that are holding them back.
- Learn the principles to be resilient, handle adversity and fire up your competitive spirit.
- Activate the keys to create an abundance mindset and to awaken the wild lion within them.
- Practice confidence strategies that will lead participants to more sales and better service.
- Optionally we could include our Fear and Board Breakthrough Experience for an ultimate team experience!



The overall training/coaching is aimed to help participants gain knowledge and practical skills as they become more assertive and confident. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

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Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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