Assertiveness for Everyday Life

Course code: KORASERT

How can we communicate openly, confidently, and at the same time with respect for others? How can we assert our views without damaging relationships? The training focuses on developing assertive skills that foster mutual understanding, authenticity, and constructive collaboration. Participants will learn practical approaches to managing challenging communication situations and maintaining professional and personal relationships that are functional and dignified—even when opinions differ.

Who is the course for

For anyone interested in personal development – employees, department heads, and managers.

What we teach you

The aim of the seminar is to introduce participants to the principles of assertiveness and their practical application in both everyday and challenging communication situations. Participants will clarify their rights and responsibilities, acquire techniques that foster confidence in communication and respect for others. The seminar focuses on expressing one's views assertively while respecting others, developing empathy, and strengthening healthy self-confidence.

Teaching materials

Gopas guide book for this course.

Course outline

- Challenging communication situations and how to handle them effectively and with dignity
- The art of listening – a "miracle cure" for almost everything
- Principles of assertiveness – what assertiveness really is (and isn't)
- Assertive techniques – practical helpers in moments of "need"
- Knowing who I am and what I want – and also what I don't want – strengthening healthy self-confidence and building personal boundaries

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