



**Because They Follow Your Every Move**

## **Assertiveness Training for Managers**

Leadership effectiveness is significantly reduced when a leader comes across as over-assertive (bully-like or aggressive) or under-assertive (shy, quiet or indecisive). This workshop, plus coaching sessions help leaders understand their behaviors and how they are interpreted. They will learn to modify their behaviors to match their desired leadership impact.

### **Participants will gain:**

- Understand the impact and the potential in appropriate assertiveness in the workplace
- A heightened understanding of the impact of words, tone, approach and attitude during a conversation
- Manage personal default behaviors during stress
- Design their personal leadership style that is flexible, adaptable and intentional

### **This course is designed for:**

- New Managers with limited leadership development
- Leaders who want to refine their assertiveness competency and leadership skills
- Leaders experiencing negative business results due to ineffective leadership style
- Professionals responsible for handling conflict in their organization

### **Format:**

Half day or full day program, containing various modules which are customizable to accommodate unique client training needs.

At Integra, we are people dynamics specialists.  
We build people systems that are resilient and sustainable – perfectly prepared to survive, thrive and outperform.

All our programs are customized to meet your needs.  
Call us for a free initial consultation.  
905-373-4242