











Assertiveness Training Course



Location **South East, Berkshire**
<https://www.freeadsz.co.uk/x-479204-z>



A one day Assertiveness Training Course designed to help people deal with difficult situations and people more effectively at work and in your personal life. Learn how to stand up for yourself, communicate your needs and wants clearly and to say “no” when appropriate. Increase your self confidence and boost your self esteem. We run this course at several locations throughout the UK. The next course at the Holiday Inn in Reading is on Thursday 5th January. The cost of the course is £200 +VAT per person and includes a comprehensive set of notes, buffet lunch, tea and coffee. For more than one person from the same organisation on the same course and date we give a 10% discount. For 4 or more people from the same organisation an in house course is more cost effective and can be tailored to your specific requirements. To book a place please visit: <http://www.r2training.co.uk/bookcoursesonline.html> For more details please visit: <http://www.r2training.co.uk/assertivenessstrainingcourse.html> Call 01483 767 002 Or email us at ;

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