

## Confidence & Assertiveness – Cultivating Positive Relationships

### About the Course

This one day personal and professional development workshop is designed to equip learners with the necessary skills and mindset to cultivate and sustain harmonious relationships in both personal and workplace settings. The course is structured to help individuals enhance their communication, emotional intelligence, and conflict resolution abilities, leading to stronger connections and improved collaboration.

This course is part of our specialist programme for personal and professional development; designed for our learners to develop skills to support themselves and others in their personal life and/or professional roles. The course is based on theoretical knowledge and is not a therapeutic forum.

### Course Learning Outcomes

- Define 'positive' relationships
- Understand factors that contribute to cultivating positive relationships
- Develop your own action plan for cultivating positive relationships

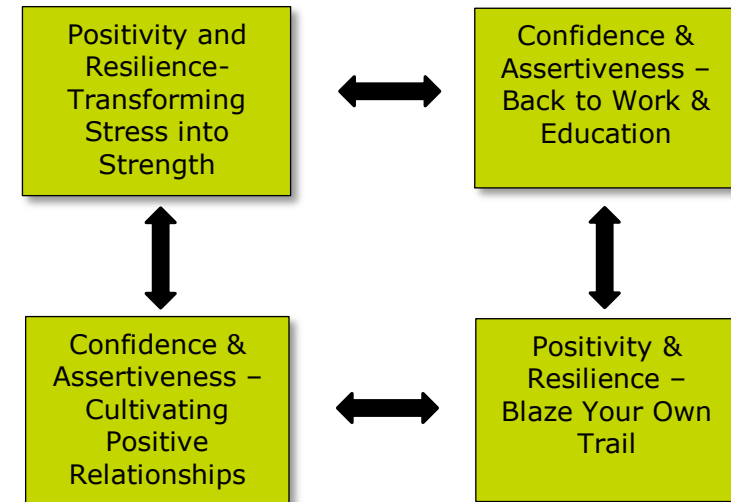
***Please note: To successfully complete this course you must commit to 100% attendance and punctuality.***

### What is needed for the course?

Essential digital skills are needed to enrol on this course.

***If you need any additional support, please call us: 02085836000.***

### Progression Pathway



You might also be interested in:

- Programme for Health, Fitness and Wellbeing
- Programme for Business & Employment to develop your skills in CV writing, Cover Letter writing and Interview skills.

Speak to your tutor, check our website or contact us for more information.

**We can also provide you with information, advice and guidance for employment or further learning.**

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)