



CONFIDENCE & ASSERTIVENESS SKILLS

FULL DAY WORKSHOP

SATURDAY 20TH SEPTEMBER

10.30 A.M – 4.30 P.M

SANDYMOUNT HOTEL, DUBLIN 4

FACILITATED BY: MARIA JOSE LYNCH

Motivated Joyful Living

www.confidencebuilding.ie

**TO BOOK YOUR PLACE
CONTACT**

**FIONA@ZOOMIN.IE OR CALL
087-778-1952**

HOW WILL THIS WORKSHOP HELP ME ?

Do you tend to avoid conflict and withdraw because you are not sure of what to do or say? Do you find it difficult to express your opinions and feelings, particularly with people who appear to do so with ease? Are you facing bullies in your line of work or personal life? If the answer to any of the above is yes, this workshop is for YOU :

- Learn how to make an impact when communicating with others
- Explore how to manage conflict with an assertive mindset
- Discover how to set healthy boundaries and protect your energy during challenging situations
- Learn ways to value yourself, contributing towards a more positive self-esteem
- Discover new resources that will help give you clarity and protect your energy before, during and after conflict
- Take time out for yourself to learn and practice this crucial skill in a safe environment

Maria delivers her workshops in a warm, inclusive and interactive way, offering you a range of practical exercises that are designed to build your confidence and improve your assertiveness skills. You will leave the day feeling re-energized and motivated, ready to put what you have learned into practice.

For more info on Maria's workshops go to: www.confidencebuilding.ie



Early Bird Rate of €100 until Aug 31st incl. lunch + 2 tea/coffee breaks

Limited places available so book now to avoid disappointment !

Full rate of €125 will apply from September 1st .

You can pay by cheque, bank transfer, credit/debit card

For more info on booking your place, please contact fiona@zoomin.ie

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