

Course details

Course title

Professional Development: Assertiveness and Imposter Syndrome

Course code

Q00012171

Course date

Start: 08/01/25

End: 08/01/25

Number of classes

1 sessions

Timetable

Wed 8th Jan, 18:30 to 21:30

Tutor

Kate Antoniou

Fee range

Free to £11.10

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Do you sometimes feel frustrated that you are not communicating to others effectively and your views are not taken into account? Why is acting assertively so difficult, and what are the barriers for us? We will be looking at what we mean by assertive behaviour and how we can recognise and celebrate this. Investigating our own personal barriers to assertive behaviour will allow us to start to identify personal barriers, and considering 'imposter syndrome' allow us to start to counter any feelings of this type that we experience. How can we put our point of view making clear our own views while still respecting the views and needs of others. If you would like to find out more this course is for you.

Course description

Learn how to voice your opinions through communications which are neither passive or aggressive, looking after your own wants and needs while respecting the views of others.

We will be investigating why it is sometimes so difficult to put our views assertively and what the impact of this is likely to be. The impact of 'Imposter Syndrome' will be investigated, and we will use tools to help identify our own personal level of assertive behaviour and whether we experience elements of 'Imposter Syndrome'. This will allow us to start to plan to consider how we might address these areas and share hints and tips to counter common experiences. Working through a number of common scenarios will allow us to marry theory to its practical application in everyday life. We will be learning a number of positive tips to help build our personal self-esteem and confidence to aid us in demonstrating assertive behaviour.

The course will also be looking at how we can begin to consider how our deep seated patterns of behaviour are helping or hindering us and how we can begin to take small steps to change these to get a better result.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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