

Your employee is interested in learning new skills with AMA. Beyond helping you both achieve your goals, here's why that's an excellent idea.

AMA Seminars offer your employee:

- **Extensive practice in a supportive environment.** You really can't learn new skills from an app. You need to experience it, practice it, and get personal attention to the details that make a difference. There is simply no substitute for learning by doing.
- **Feedback from experts.** Our instructors are not professors—they are practitioners in the field, focused on what works now in the real world. Participants agree instructors make a difference and have rated our faculty 4.83 out of 5 stars. What's more, your employee will be learning alongside peers from other organizations gaining insight and knowledge from other industries and expanding their professional network.
- **Tools and techniques designed to improve performance.** Our courses are instructionally designed to make a difference in performance, which is why 99% of participants report they are using what they learned back on the job after taking one of our courses.
- **An Experience.** Yes, we know two or three days seems like a lot. But dedicating that time to truly master new skills is worth the time and money. And we're not just saying that--our customers agree: 98% of participants would come back for another course.

Still feel like you can't spare your employee for a training session?
Take a look at [our live online courses](#) which minimize time away from work.

Either way, remember that we don't lecture—we accelerate performance.

Increasing Your Self-Confidence

Can you assertively express your point-of-view? Get what you want without being aggressive? Say “No” in a way others can hear?

The ability to express yourself confidently at work is crucial to your success. This is especially true when power sources and decision-making is not clearly-defined. For example, if you answer to multiple supervisors and face urgent and sometimes conflicting demands.

This course will give you the tools and techniques to increase your self-confidence and assertiveness—so you can express yourself well and handle problematic situations more effectively. By gaining more self-understanding and developing your emotional intelligence, you will turn difficult circumstances into win-wins.

How You Will Benefit

- Assert your position with self-assurance, not aggressiveness
- Formulate a request and express a refusal assertively
- Use your emotional intelligence on a daily basis
- Negotiate and practice the mutual gains approach
- Enjoy more positive and productive relationships with others on your team
- Remain composed despite stressful encounters
- See an improvement in your performance