



Women at Work Skillnet in conjunction with **Enda Brennan of Oyster Coaching** invite our members to avail of the following training:

Communicating with Confidence Programme 1

This workshop is run over 2 evenings and is designed specifically for women in the workforce who are members of the CWU, IBOA, Impact, INMO, and Mandate Trade Unions

Course Content

- Understanding the psychology of confidence
- Delivering confident communications
- Being assertive and effective
- Dealing with behaviour not attitude
- Dealing with difficult people
- Being confident in your judgement
- Taking personal responsibility
- Interpreting nonverbal cues



Benefits to You, Your Employer and Union: This course will build confidence, judgment skills and enhance your communication skills and greater co-operation are built across your organisations. You add more value to your team at work and in personal relationships.

Places are limited.

Where: IBOA
Dates: Tuesday 16th and Tuesday 23rd Feb
Time: 6.30 – 9.30pm
Contact: Women at Work Skillnet. alacoque@womenatworkskillnets.ie