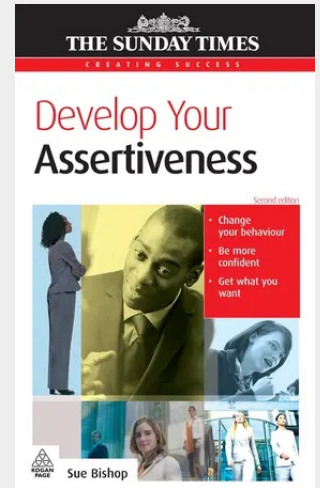


Bishop

Develop Your Assertiveness

Being assertive is being able to express yourself with confidence without having to resort to passive, aggressive or manipulative behaviour. By developing assertiveness and becoming aware of our own strengths and weaknesses, we can modify our behaviour for greater effectiveness in social and business interactions. Develop Your Assertiveness offers basic techniques on how to become more assertive, build self-confidence and thus improve career prospects and enhance social life. Assertiveness does not come naturally to all and this book will help readers to achieve greater work effectiveness and productivity, greater control of their daily activities and overcome stressful work situations.



Auf Anfrage

Nicht mehr lieferbar

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