

The purpose of the consortium is to foster collaboration among USG institutions in regards to professional development to facilitate benchmarking, share development resources and implement best practices.

Regional training centers and regional partnerships have been established throughout the USG.



Regional Training Center

Valdosta State University

Registration Assistance:
training@valdosta.edu

Customized Training:
Becky Murphy- 229-259-5106

Regional Partners

Abraham Baldwin Agricultural College

Albany State University

Bainbridge College

Columbus State University

Darton College

Georgia Southwestern State University

South Georgia State College

**FREE class offered through the
University System of Georgia
Professional Development Consortium.**

Assertiveness Communication Training

Tuesday, April 4, 2017 1:30 PM - 4:30 PM

Valdosta State University— University Center Rose Room

Assertive communication skills are an important part of interacting in school, work and life. To some people standing up for themselves can be difficult while for others, it is something that may be done a little too often. Finding the right balance between being passive or aggressive is an assertiveness skill that must be learned.

Learning objectives:

- Learn about the key attributes of being assertive
- Recognize aggression, submission and assertiveness
- Learn and practice assertive communication techniques
- Speak up assertively without seeming pushy
- Assert your authority without being heavy-handed
- Get the credit you deserve for your ideas
- Encourage employees to bring you solutions — not problems
- Deal firmly and professionally with those who question your authority

Instructor: Ashley Cooper

Ashley is a Training Specialist with the Employee and Organizational Development Department, a unit of Human Resources and Employee Development at Valdosta State University. As a Training Specialist, she specializes in Organizational Communication training. She also instructs at the institutional level on a variety of topics which include new staff employee orientation, customer service, management and leadership skills, communication skills, time management, and conflict management skills.

Register

Online-www.valdosta.edu/training,
Select Training Course Registration
button
Select visitor login

OR

Call- VSU Employee Development

