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Learning to Be More Assertive in the Workplace

<https://icml-melbourne.bravesites.com/entries/staff-training-and-development/learning-to-be-more-assertive-in-the-workplace>

Developing an assertive behavior allows you to convey your feelings, beliefs, needs and wants without violating the rights of other people. In the workplace, assertiveness means being confident about your abilities, listening and addressing issues with your colleagues and superiors, knowing and standing up for your rights in a composed and sensible way and giving your best to get the most out of every situation. Hence, by displaying an assertive behavior in the workplace nothing can stop you from reaching your goals and becoming more successful in your career.

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