

## Assertive Communication in Discussions and Conflicts

How to be more assertive in discussions and conflicts

How can I hold my own in important discussions? Defend important opinions in the face of strong criticism? Not get silenced or pushed around?

The feeling of not being taken seriously, shrinking into the background in arguments and heated discussions, and giving ground too easily when challenged are all too commonplace. This seminar gives you tools to improve on all fronts : To argue convincingly, creatively and appropriately. To make a confident and strong impression both verbally and non-verbally. To hold your own and stick to your message in the thick of confrontation, criticism and challenge. To remain active and present in group discussions.

The following topics will be covered:

- Vocal and Visual: optimizing your voice, body language, movement and proxemics
- Argumentation: improvisation, rhetorical tactics, tempo and tone
- Confrontation: asserting yourself appropriately
- Performance: practice, role plays, feedback.

Dauer: 2 days

### Termine, Preise und Buchungsmöglichkeit

[zur aktuellen Terminübersicht mit Preisangabe und Buchungsmöglichkeit](#)

Geplante Termine: 15.06.2026 - 16.06.2026

Kurspreis: interner Preis: 895,00 EUR

externer Preis: 1.250,00 EUR

Änderungen vorbehalten | Stand: 08.05.2026 18:43 Uhr

### Kontakt und Beratung

Fachliche Fragen: [Frau Annette Fabry](#)

Administration, Beratung: [Frau Annette Fabry](#)