

Can't Communicate With Your Parents?
Getting Picked On?
 Feel Like Your Not Popular? Hard to Talk To Adults?
 Anxiety? Insecure? Depressed?
Trouble At School?
 Internet Bullies?
 Self-Conscious? Feel Awkward? Dread Speaking?
Homework Stress?
 Can't Communicate With Your Teachers?
 Peer Pressure? Shy? Nervous?
No Friends?
 Family Tension?

**Developing a
 Self-Confident,
 Assertive Attitude:
 The Key to Middle
 School Success**



Developing a Self-Confident, Assertive Attitude: The Key to Middle School Success

Is a lack of confidence holding your middle schooler back? Do they have trouble making friends? Are they getting picked on in school? They have ideas; they have skills; they know what needs to be done. Yet, when the opportunity to shine comes up, they sit on your hands. Give them the skills they need to speak up. Have them attend ***Developing a Self-Confident, Assertive Attitude: The Key to Middle School Success*** from Dale Carnegie Training® and gain the assurance they need to speak up, make their point and win friends.

This interactive program will help them see themselves as others see them. Our expert coaches will guide your middle schooler toward building on their strengths while helping them eliminate their weaknesses. And the coaches will create a safe, supportive environment in which your middle schooler's newfound confidence and assertiveness can really flourish.

In just four half days your middle schooler will learn to:

- Replace shyness with confidence
- Meet new people easily
- Express their point of view
- Reduce self-consciousness and fear

For 100 years Dale Carnegie Training® has given people the confidence they need to succeed. And we have 8,000,000 success stories to prove it. Have your middle schooler attend ***Developing a Self-Confident, Assertive Attitude: the Key to Middle School Success*** and get the tools they need to reach their full potential.



Session Objectives

Session 1: Self-Confidence

- Meet new people easily
- Replace shyness with confidence
- Expand your comfort zone

Session 2: Communication

- Communicate with impact
- Speak persuasively in front of groups
- Get friends and family to listen to your ideas

Session 3: Leadership

- Gain others' cooperation
- Learn principles to overcome peer pressure
- Defend a position using the Magic Formula

Session 4: Conflict Management

- State your opinion with credibility
- Handle tough situations with composure and confidence
- Deal effectively with difficult people

Time Commitment: Four 3.5 hour sessions.

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