

KNOWING YOUR PERSONAL RIGHTS TO EMPOWER YOU COURSE OUTLINE

COURSE CONCEPT	Knowing your personal rights is empowering. It allows you to know when you are being treated unfairly and what you can do about it. Everyone has the right to be treated equally, with fairness and respect. You have the right to privacy, and to have information about yourself kept confidential. You have the right to freedom of expression and assembly. You have the right to be free from discrimination and harassment. You have the right to safety and security. These are just some of the personal rights that you have. When you know your personal rights, you can assert them confidently and effectively. This can make a difference in your life, and in the lives of those around you. Empowered with knowledge, you can create a fairer and more just world for everyone
AUDIENCE	For individuals who want to improve their assertiveness by knowing and understanding your own personal rights.
AIM	Recognise your personal rights and that of others and take greater responsibility for situation outcomes.
COURSE CONTENT	<ul style="list-style-type: none"> • Your personal rights that empower behaviour to attain fulfilment • Developing assertiveness — your personal rights • Myths that get in the way of assertive behaviour
LEARNING ACTIVITIES	The online course consists of the theory with a range of interactive activities: <ul style="list-style-type: none"> • Reflective activities • Writing an Action Plan to achieve your career goals
LEARNING OUTCOMES	<ul style="list-style-type: none"> • Recognise and value your personal rights as the foundation for effective communication, positive relationships and assertive behaviour • Discriminate between personal rights and myths that get in the way of assertive behaviour
DURATION	Self-paced learning, approximately 45 minutes
ADDITIONAL PROFESSIONAL DEVELOPMENT	<p>If you have specific and challenging issues, we can further assist with optional coaching sessions in a one-to-one or a small group session.</p> <p>Upon completing your full course or individual course, we offer ongoing supervision in your practice through our Career Coaching and Training membership program.</p>
FURTHER INFORMATION	<p>careercoaching.training</p> <p>hello@careercoaching.training</p>

