JUPITER PRIME

Consulting • Training • Advisory

جوبيتر برايم للاستشارات والتدريب

COURSE BROCHURE

Assertive Leadership and Self-Doubt Management Training Course for Managers

14 – 18 December 2026
Dar es Salaam

jupiterprime.uk

info@jupiterprime.uk

Registered in the United Kingdom and Saudi Arabia

Assertive Leadership and Self-Doubt Management Training Course for Managers

Ref: 2652_101001 **Date:** 14 – 18 December 2026 **Location:** Dar es Salaam **Fees:** 5300 GBP

Assertive Leadership and Self-Doubt Management is a 1-week training course for new and mid-level managers who must state a position, hold a boundary and recover from inner hesitation, each participant building a Personal Assertive Voice Plan. Managers now lead vocal teams and face challenge in meetings, so a steady voice is part of the job. Jupiter Prime Training offers assertive leadership and self-doubt management as a core skill for managers.

Why Assertive Leadership and Self-Doubt Management Matters Now

Three forces shape this subject today. Matrix structures put managers before several stakeholders, each expecting a clear answer. Teams expect candour and notice quickly when a manager avoids hard messages or overrides views. Senior leaders judge readiness for larger roles partly on how a manager handles pushback. Organisations whose managers speak with calm assertiveness make faster decisions and lose fewer good people; where managers swing between silence and aggression, problems surface late. The course rests on established assertiveness practice and cognitive reframing methods, described in plain terms.

Who Gains Most from Assertive Leadership and Self-Doubt Management

- Managers recently promoted from specialist roles who now set direction for former peers
- Line managers who chair team meetings and keep discussion balanced
- Managers who negotiate priorities, resources and deadlines with senior colleagues
- Supervisors who deliver corrective feedback and handle disagreement within their teams
- Project and section leads who present recommendations and defend them under questioning

A management cohort from one function gains most when several members attend together and agree shared norms for challenge.

Assertive Leadership and Self-Doubt Management Capabilities

Participants learn to notice hesitation, choose a deliberate response and speak clearly while keeping relationships intact.

- Distinguish passive, aggressive, passive-aggressive and assertive responses in live exchanges — choosing the response a situation needs
- Reframe self-limiting thoughts using evidence checks — deciding whether to speak up or hold back
- Structure a position statement with a clear request — senior colleagues weighing a recommendation
- Apply boundary-setting language to requests and workload — protecting team capacity and priorities
- Respond to challenge and criticism without defensiveness — preserving credibility in front of a group
- Coach team members to voice their own views — building a team where challenge is normal

Key Assertive Leadership and Self-Doubt Management Terms

- Assertiveness — expressing needs, views and limits directly and respectfully while respecting others.
- Self-doubt — a recurring belief that one lacks the ability or standing to act.
- Cognitive reframing — replacing an unhelpful automatic interpretation with a more accurate one.
- Boundary statement — a short sentence that states what a manager will and will not accept, and why.
- Broken record technique — calmly repeating a core message when a request is resisted.
- Psychological safety — a shared belief that speaking up with concerns will not bring punishment.

Assertive Leadership and Self-Doubt Management Day by Day

Day 1: Recognising Response Patterns

- Four Response Styles Map — Spotting Passive and Aggressive Habits Under Pressure
- Personal Trigger Inventory — Identifying Situations That Silence or Provoke a Manager
- Assertiveness Rights List — Balancing Own Needs With Colleagues' Needs
- Body Language and Voice Audit — Aligning Nonverbal Signals With Spoken Intent
- Peer Feedback Snapshot — Comparing Self-View With How Others See It

Day 2: Working With Self-Doubt

- Thought Record Sheet — Separating Evidence From Assumption Before Acting
- Inner Critic Reframing Drill — Turning Harsh Self-Talk Into Useful Prompts
- Competence Evidence Log — Grounding Confidence in Recorded Achievements
- Pre-Meeting Preparation Ritual — Steadying Nerves Before High-Visibility Moments
- Setback Debrief Routine — Learning From Mistakes Without Rumination

Day 3: Speaking Up With Clarity

- Position Statement Structure — Stating Views and Requests in Under a Minute
- I-Statement Construction — Raising Concerns Without Blame or Accusation
- Meeting Intervention Techniques — Entering, Redirecting and Closing Group Discussion
- Saying No With Alternatives — Declining Requests While Protecting Relationships
- Upward Disagreement Script — Challenging Senior Decisions Respectfully

Day 4: Handling Challenge and Developing Others

- Fogging and Negative Inquiry — Absorbing Criticism Without Escalating Conflict
- Broken Record Practice — Holding a Boundary Under Repeated Pushback
- De-Escalation Sequence — Calming Heated Exchanges With Team Members
- Voice-Building Coaching Questions — Helping Quiet Team Members Contribute
- Team Challenge Norms — Agreeing How the Team Disagrees Constructively

Day 5: Practising the Personal Assertive Voice Plan

- Live Meeting Simulation — Applying Intervention and Position Statement Skills
- Difficult Request Role-Play — Combining Boundary Statements With Broken Record Practice
- Pressure Scenario Rehearsal — Using Reframing Before and After Tough Exchanges
- Peer Observation Feedback — Measuring Progress Against the Day One Snapshot
- Personal Assertive Voice Plan — Setting Situations, Scripts and Review Points

Applying Assertive Leadership and Self-Doubt Management After the Course

- Use the position statement structure in three upcoming meetings and record outcomes in the competence evidence log.
- Run a short team session to agree challenge norms, then coach one quieter team member with voice-building questions each week.

Assertive Leadership and Self-Doubt Management Questions FAQ

What is assertive leadership and self-doubt management, and why does it matter now?

It is the skill of stating views and limits clearly while handling the inner doubt that holds managers back. It matters now because flatter, vocal teams and matrix reporting lines expect managers to give clear answers and handle challenge calmly.

Which roles gain most from assertive leadership and self-doubt management?

New and mid-level managers gain most, especially those promoted from specialist roles, those who chair meetings and those who negotiate with senior colleagues. In a manufacturing plant or hospital ward, their clarity sets the team's tone.

How does assertive leadership and self-doubt management differ from an executive presence course?

This course builds everyday assertive behaviour and the thinking habits behind hesitation at manager level. An executive presence course targets senior leaders and gravitas rather than daily boundaries and self-talk.

What do you bring back from assertive leadership and self-doubt management training?

You bring back a personal plan naming the situations where you will speak up, the scripts you will use and the dates you will review progress.

Assertive Leadership and Self-Doubt Management: The Way Forward

The Personal Assertive Voice Plan first informs how a manager will handle the next difficult meeting or request. The manager uses it alongside a trusted peer or line manager who observes progress. After first use, it is worth revisiting to check whether boundary statements held and whether self-doubt still decides which issues get raised.