



ANDERSON
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Self-Advocacy for Young Professionals

Purpose: This course is designed to help young professionals learn the skills and strategies they need to become effective self-advocates in their personal and professional lives. Participants will learn how to communicate their needs, resolve conflicts with confidence, and advocate for themselves in various settings.

Objectives / Outcomes:

- Understand the importance of self-advocacy in personal and professional settings
- Develop effective communication skills to assert needs and preferences
- Confidently set and maintain boundaries
- Develop strategies for dealing with difficult situations, especially under stress
- Learn and practice effective negotiation skills

Format / Materials: This workshop will be offered virtually or in-person in a combination of lecture, handouts, group discussions, and interactive activities. This course can be delivered as a stand-alone webinar between 60-90 minutes, or “retreat” style over the course of 2 days.

Who it's for: Young adults exploring career options, college graduates, new and emerging entrepreneurs, young adults in professional fields, young adults in corporate settings



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Course Outline

Topic 1: Introduction to Self-Advocacy & Psychological Safety

- Overview of self-advocacy and psychological safety
- Understanding your rights and responsibilities to yourself
- Exploring barriers to self-advocacy, understanding risk

Topic 2: Stronger Communication (Confidence + Clarity)

- Effective communication tips
- Assertive communication
- Nonverbal communication

Topic 3: Saying No... Professionally (Boundaries)

- Understanding the importance of personal boundaries
- Learning how to set and maintain boundaries
- Releasing guilt
- Practice / Challenge

Topic 4: Got A Problem? Let's Solve It. (Conflict Management & Resolution)

- Strategies for managing conflict, especially under stress
- Understanding different personality types and responses
- Tips for resolving difficult situations

Topic 5: Know Your Worth! (Negotiation Skills)

- Principles of effective negotiation
- Preparing for negotiations
- Overcoming common negotiation challenges