



Just Say No!

Overview:

It's good to say Yes to things, but it can also be good to say No. Agreeing to do everything that comes your way can lead to you taking on more than you can handle, and also things that you didn't really want to do in the first place.

In this light-hearted session we examine why saying No to doing things can be to our advantage, and that we needn't feel guilty about it.

Duration: 45 Minutes

Session Content:

- Saying No for a win-win
- Focussing on key stuff
- How to say No and get away guilt free
- Gaining respect for it
- A more productive You



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