

The Power of Saying “No” and Setting Boundaries

Length: 1/2 Day

Summary: Saying no isn't easy, but it is becoming a crucial life skill. Many people are afraid of that two-letter word for not being liked or not being accepted. People are afraid of hurting a relationship or losing a deal.

We are continually reminded by others and the media about the importance of taking breaks and practicing self-care however, we may be focused on pleasing others, relying on only positive feedback from others to raise our self-esteem, or insecure about what talents and gifts we bring. We may need to shift our mindset and reframe the concept of setting boundaries with others to be successful at making our own needs a priority.

Why you should Attend

Many of us are people-centric and derive great satisfaction from helping others. However, in doing so, we may drop out of our own needs due to fear of upsetting the relationship, appearing selfish, disappointing others, perhaps losing business, or appearing like we don't know the answer.

Do you feel like you have to say “Yes” to everything that is asked of you in the workplace? Every task, project, business trip, and any other request that may come across your desk in the course of the work. You may be very competent in certain areas compared to your family and friends, so do you just hop in and take care of tasks/chores that someone else could do? Might you be denying them an opportunity to learn and grow by doing this?

The truth is, many of us end up overloaded and unable to complete our home or job duties because of taking on so many additional and extra tasks. While being able to rise to the challenges may just be part of the job or part of what we consider a good friend or family member, there are ways to learn to say “no” and set boundaries when the occasion warrants. Of course, any time we say “no,” there are likely risks, but there are brain-science-backed techniques to help minimize risk and make our “no” a win-win situation.

COURSE CONTENT

- Gain an understanding of why you are hesitant to say “no”
- Let go of your assumptions and fears about setting boundaries
- Reframe your negative expectations of how others will respond when you decline their requests
- Learn to adopt and practice a variety of new language techniques to ensure harmonious conversations
- Create an action plan for immediate and long-lasting application