

Helene Segura Program: Excel in Brainwashing: Say No to Requests Without Using the Word “No”

Description:

Do you have colleagues or team members who attempt to make their emergencies yours and ask you to bail them out at the last minute? Do you have a supervisor who requests work on impossible timelines? If you say “no” to their requests, you might be considered insubordinate or unwilling to be a team player. But what if there was a way to change their timelines based on your schedule?

Take-aways:

- Discover “mind control” language to use when you need to reschedule requests – even if they’re from someone in a power position
- Contribute meaningfully and remain a team player – even when you’re covertly saying no
- Manage your workload even more efficiently by effectively negotiating your time with others