

The Art of Saying No: Breaking Free from People-Pleasing

In a world that often rewards overcommitment, mastering the art of saying no is essential for maintaining balance and prioritizing personal well-being. This session empowers participants to break free from people-pleasing tendencies, set healthy boundaries, and confidently advocate for their needs without guilt or fear.

Learn practical strategies to navigate difficult conversations, manage expectations, and shift your mindset towards self-empowerment. By embracing the art of saying no, participants will cultivate stronger boundaries, enhance productivity, and create a more balanced, fulfilling personal and professional life.

Learning Objectives

- Understanding the roots and impact of people-pleasing behaviors
- Recognising personal boundaries and the cost of overcommitting
- Application: practical strategies to say no with confidence and maintain healthy boundaries

Content Outline

Exploring the Psychology of People-Pleasing

- What is people-pleasing? Understanding the behaviour and how it shows up
- Common drivers that cause us to people please
- Quick Reflection: "Why do I people please?"

Recognising the Hidden Cost of Saying Yes Too Often

- 5 theories behind the cost of saying yes too often
- How do these hidden costs affect us

The Art of Saying No

- Reframing "no" as an act of self-respect and clarity, not rejection
- Communication styles and the 3 types of assertive 'No's
- Non-Verbal Assertive Skills with C.A.L.M