

## **What if women harnessed the power of “No”**

Women are well aware of the common struggles they are faced with while climbing an ever growing ladder of success, but women in leadership often face unique challenges and uncomfortable realities beyond the gender gap in pay equality and access to leadership positions. As women, we somehow know these challenges are gender related, yet we find it difficult to understand.

Some of the less “talked about” challenges women face in a leadership career include:

- A strong commitment to making a difference while facing obstacles that make the implementation of changes difficult
- Frustration brought on by unclear expectations – both from others and from themselves
- Saying “yes” when they want to say “no” – to a negotiation, delivery deadline or project
- Failing to set boundaries with colleagues, staff and management – with regard to time, accessibility or feedback
- Accepting additional responsibility rather than delegating - adding undue pressure or stress
- Leading at their own expense - sacrificing their own goals or neglecting projects in order to lead others
- Becoming overwhelmed by the unique challenges of being a woman in leadership to the point where their personal lives are affected.

We would like to invite you to take back your power as a woman in leadership – to help you to re-connect with your vision, voice and personal power.

By stepping forward to take action and attending our 45 minute webinar, you’ll discover:

- Strategies for Saying No When It Really Matters
- Why “Saying No” Is a Core Leadership Skill
- Why Women Find It So Hard to Say No as Leaders
- Managing Expectations from Yourself and Others
- Setting Boundaries with Colleagues, Staff and Management
- Learning to Trust Yourself and Your Instincts
- Holding Others Accountable – Delegating Responsibility
- Stress Management – Avoiding Becoming Overwhelmed
- Why We Resist Saying No to Others and Why We Must
- The High Expense of a Misplaced “Yes”
- A Proven Strategy for “saying no” in New Ways
- Being Clear with our “No”
- The Science of Saying “No”

One of the greatest investments of time we can make is the investment of time in ourselves. Don’t continue putting yourself on the back burner, sign up today and start seeing real changes in your attitude and success!