



WorkWell *Live*
EMPLOYEE WELLNESS SERIES

Saying 'Yes' to Yourself with the Power of 'No'

Facilitator - Anthony President

www.presidentialconsultants.com

(216) 810-4810

Transfer of Learning Questions

What are the wellness benefits of saying yes to yourself by saying no to demands that don't fit your goals, values or needs?

What is the T.H.A.N.K. model for effectively setting boundaries?

How do I continue to maintain boundaries so that I can say no with confidence?



What You Get When You Put Yourself First

Greater Emotional Well-Being	Increased Satisfaction
Adequate Rest	Pursue Hobbies and Interests
Quality Time	Achieve Personal Goals
Focused Effort	

T.H.A.N.K. Strategy for Effective Boundary Setting



Thank the person:	Honestly & briefly explain your no:	Alternative offer:	Non-accusatory "I" statements:	Kind follow-up:
<p>Express gratitude: Start by thanking the person for the opportunity or for considering you for the request. This sets a positive tone for the conversation.</p>	<p>Clearly communicate your reason for declining without going into unnecessary detail. Being honest helps avoid confusion or misunderstanding.</p>	<p>Offer an alternative (if possible): If you're unable to fulfill the request, consider offering an alternative solution or suggesting someone else who might be able to help. This shows that you're still supportive, even though you can't commit personally.</p>	<p>Use "I" statements: Frame your response using "I" statements to take ownership of your decision and feelings. This helps to avoid sounding accusatory or placing blame on the other person.</p>	<p>Follow up with kindness: After declining the request, follow up with a kind gesture or offer of support in another way to show that you value the relationship despite saying no.</p>



MANAGING REACTIONS

Reframe Your Perspective

- **Understand Self-Care:** Recognize that saying 'no' is an essential part of self-care and maintaining your well-being. It's not about being selfish; it's about preserving your mental and physical health.
- **Value Your Time:** Shift your perspective to see your time and energy as valuable resources. By protecting these resources, you can be more effective and present in your commitments.

Set Clear Priorities

- **Identify Priorities:** Make a list of your personal and professional priorities. When faced with a request, evaluate how it aligns with your priorities. If it doesn't, saying 'no' becomes a logical choice.
- **Goal Alignment:** Ensure that your decisions support your long-term goals and values. This helps you feel more justified and confident in your choices.

Reflect on Positive Outcomes

- **Acknowledge Benefits:** Reflect on past experiences where saying 'no' led to positive outcomes, such as reduced stress and improved well-being. This reinforces the benefits of setting boundaries.
- **Celebrate Successes:** Celebrate your successes in setting boundaries, no matter how small. Recognizing your achievements helps build confidence and reduces guilt.

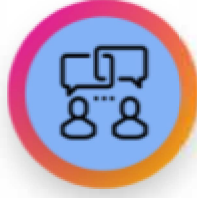


MAINTAINING YOUR BOUNDARIES TO CONTINUALLY SAY NO



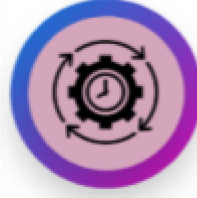
Identify your limits

Know what is
acceptable.



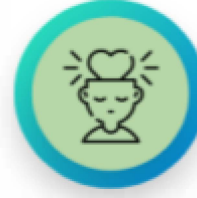
Communicate Clearly

State needs
calmly and
assertively.



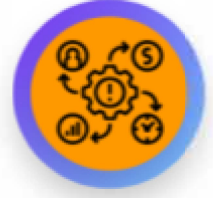
Be Consistent

Maintain
boundaries without
wavering.



Practice Self-care

Protect energy
through
self-care.



Adjust as needed

Adapt
boundaries
to life changes.



Action Plan:

At work and at home, how will you say yes to yourself with the power of no?

Explain;

What will you do?

How will you do it?

When will you do it?

With whom will you do it?

