



# POWER TO SAY 'NO'

**Free course for members from UNISON Learning Notts**

Do you find that life presents too many demands on your time, whether at home or at work? Do you find it hard to say no?

In this interactive workshop, we'll cover topics including:

- How to understand and appreciate other people's perspectives - and get others to hear your perspective.
- How to ensure people listen to understand, rather than listening to defend their opinion
- Ways of setting your own boundaries
- How to "confront with care" - saying "no" with respect

**WEDNESDAY 16TH JUNE 6-8 PM**

**To apply [click here](#)  
Or email: [unisonnottslearning@gmail.com](mailto:unisonnottslearning@gmail.com)**

**This training will be delivered online by  
ZOOM**