



**Free** for  
members of any  
Lincolnshire  
based branch

# Power To Say No!

**Wednesday 24th January 2024**

**6pm - 8pm**

**Beech House, Waterside South, Lincoln**

This session will equip you with  
knowledge and skills to:-

- Know how to 'confront with care' - saying 'no' with respect
- Know how to understand and appreciate people's perspectives
- Know how to ensure people listen to understand, rather than listening to defend their opinion
- Know how to decide when to challenge and confront
- Understand when to walk away.



**Apply**

For help with your booking -  
[unisonlearninglincs@gmail.com](mailto:unisonlearninglincs@gmail.com)

**UNISON**  
East Midlands

