

The power of saying no

Webinar

When everything feels like an opportunity, a priority, or an obligation, how do we say no? The truth is we cannot start saying no until we get clear on why we keep saying yes to everything.

In this webinar we explore:

- why we tend to say yes (people-pleasing, scarcity and uncertainty, perceived opportunities, regret minimisation, emotion, obligation, the path of least resistance).
- the impacts of saying yes to everything: time poverty, exhaustion, loss of self and loss of joy for what we do.
- why we need to start saying no.
- how to start saying no (clear boundaries and priorities, with confidence and without guilt).

Format

Online webinar with Q&A.

60/90 minutes options available.

Includes handout/summary sheet for distribution to attendees.

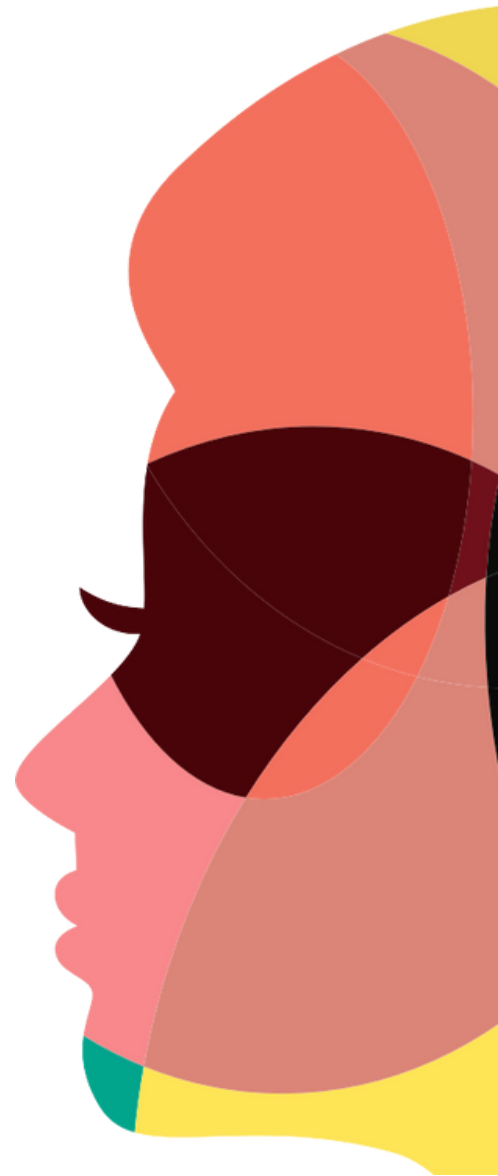
Facilitators

Desiree Dickerson, PhD

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"She created a **friendly atmosphere** and she was genuinely interested in our problems and challenges."

PhD student, Università della Svizzera italiana



Managing conflict

Webinar

Conflict is a part of any relationship. And is more frequent when, like in academia, stress is high and resources scarce. How we navigate conflict is what matters most.

In this interactive webinar we explore how to:

- recognise key triggers for conflict in academic and supervisory relationships.
- learn to recognise our working style and our working needs (and those of our colleague or students).
- identify where our styles clash and how to navigate these clashes.
- develop practical tools to approach important discussions – phrases and words that can either help to escalate or resolve situations.
- learn to uncover the real issues underpinning the conflict and the role that context plays.

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Desiree Dickerson, PhD

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"An insightful speaker who **really understands** the pressures and stresses on academics."

Associate Professor,
University of Portsmouth

