PERFECTING YOUR “NO-GUILT” NO

Webinar • February 17th, 2021 • 12-1 p.m. EST

Saying no can be uncomfortable and awkward but it’s absolutely necessary to avoid burnout and help you remain focused on your most important goals. Learning how to say an effective and appropriate "no" is one of the most vital skills for leaders, yet research shows this is one of the most under-utilized tools, especially for women.

In this session led by Lisa Abramson, you’ll learn a powerful "saying no" framework and get a "cheat sheet" to make saying no less stressful in the future. After this session, you’ll be able to confidently deliver a firm and appropriate no without the side of guilt. Yes to that!

REGISTER NOW

LISA ABRAMSON

Called an “inspiration” by Oprah, Lisa Abramson is an executive coach, mindfulness teacher, author, and mom of two girls. She teaches overachievers how to develop a resilient mindset and create success that’s sustainable.

She’s helped more than 15,000 people increase their mental resilience through her online programs and has shared her insights at TEDx, Google, Microsoft, Cisco, and other leading organizations. She has also been featured in Forbes, NPR, The New York Times, Health, Fast Company, and more.

Lisa has delivered over 8 million minutes of calm around the globe through her guided mindfulness meditations. For more information, please visit: www.lisaabramson.com.