

HOW TO TURN REJECTION INTO A SUPERPOWER

WHY WE RESIST REJECTION

It really hurts!

We expect ourselves to be perfect

HOW TO GET ON WITH IT

Just do it - you'll probably live

Tolerate it - it will pass

Don't become the d*ck

WHY THE JUICE IS WORTH THE SQUEEZE

Turns group think into collective intelligence

Strengthens relationships

Defines your own personal brand

HOW TO LEVERAGE IT

Be curious not furious

Ask Why

HOW TO GET OVER IT

Let it go and move on

Say No respectfully

Skilful communication

Learn from it without beating yourself up