HOW TO TURN REJECTION INTO A SUPERPOWER

WHY WE RESIST REJECTION

It really hurts!

We expect ourselves to be perfect

WHY THE JUICE IS WORTH THE SQUEEZE

Turns group think into collective intelligence

Strengthens relationships

Defines your own personal brand

HOW TO GET OVER IT

Let it go and move on

Learn from it without beating yourself up



If you'd like to receive my monthly blog which is full of straight talking tips for greatness then you can subscribe <u>here</u>. If you'd like to enquire about my follow-on workshops, including how to leverage rejection in the workplace you can email me <u>here</u>.



HOW TO GET ON WITH IT

Just do it - you'll probably live

Tolerate it - it will pass

Don't become the d*ck

HOW TO LEVERAGE IT

Be curious not furious

Ask Why

Say No <u>respectfully</u> Skilful communication

