

# Power of No, Not Right Now

*Speaker*  
*Panelist information*

ADVANCING  
AWOMEN  
IN NASHVILLE



Non-Profit Focus Partners



**Presented By**



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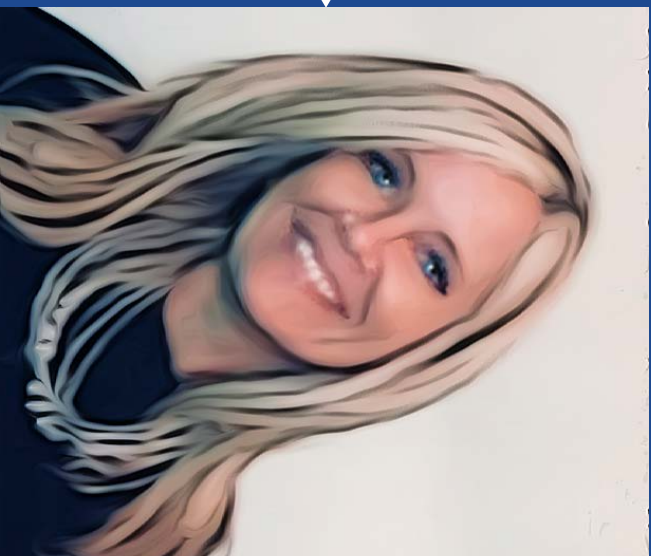
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**Deborah Jandt**  
Senior Director of Recruitment  
Brookdale Senior Living



**Lisa S. Kimbrough**  
Director of Operations Support  
Comdata, Inc.

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**FOCUS PARTNER  
PRESENTATIONS**

Building relationships  
that advance **youth**  
well-being,  
amplify youth voice, and  
inspire **action** toward a  
just **community**

# Oasis

YOUTH. COMMUNITY. ACTION.





The **Street Outreach Program** engaged **314** youth experiencing homelessness

The **Emergency Shelter** served **158** teens and families in crisis

Oasis community-based **Counseling** provided therapeutic support for **320** youth and **562** family members

As part of the Youth Homelessness Demonstration Project, **Rapid Rehousing** provides rental assistance and wraparound supports to get **80** youth housed quickly, safely, and permanently

## CRISIS TO HOUSING SERVICES

Middle Tennessee's only spectrum of programs and services designed exclusively for youth who are homeless, have run away, and/or are experiencing serious familial crisis.

**oasis**  
YOUTH. COMMUNITY. ACTION.

**45** students from **19** schools served on the **Mayor's Youth Council**. Members led a voter registration campaign that resulted in a **700%** increase in new registered youth voters.

**127** youth engaged in the **Oasis Bike Workshop** and rode an average of 9.5 miles on their new bikes as part of the program experience.

**International Teen Outreach Program ITOP** served **190** immigrant and refugee teens, hailing from 25 countries. Youth completed a total of **3,430** hours of service-learning.

The **Just Us** program served **153** LGBTQ+ teens through after school empowerment programs. Staff and youth trained **450+** adults in LGBTQ+ cultural competency.

## YOUTH ENGAGEMENT & ACTION

Dedicated to empowering young people to be catalysts for social change by helping them develop life skills, make healthy choices, and take responsibility for creating change on the issues that matter to them.





**Oasis College Connection** helped **2,455** students from middle school to college improve access to higher education through 1-on-1 support, group workshops, ACT prep, and college retention services. Nearly **70%** of first-generation college students participating in Oasis Resource Centers at Nashville State **stayed in college** – a rate 30% higher than their peers at NSCC.

**175** youth enrolled in **Oasis Transitions** career readiness program. **77%** of the participants gained employment, **100%** engaged in mentoring, and **92%** stayed in or returned to school.

## COLLEGE & CAREER ACCESS

Empowering youth with the knowledge, skills, and motivation to pursue their academic and career dreams, fulfill their potential, and transition into a healthy, productive adulthood.

**oasis**  
YOUTH, COMMUNITY ACTION



Oasis Center provides empowering opportunities for healing,  
hope, and growth to over 3,500 at-risk youth in Middle  
Tennessee each year.

# oasis

YOUTH. COMMUNITY. ACTION.

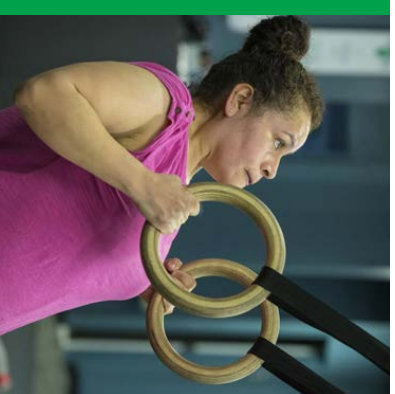
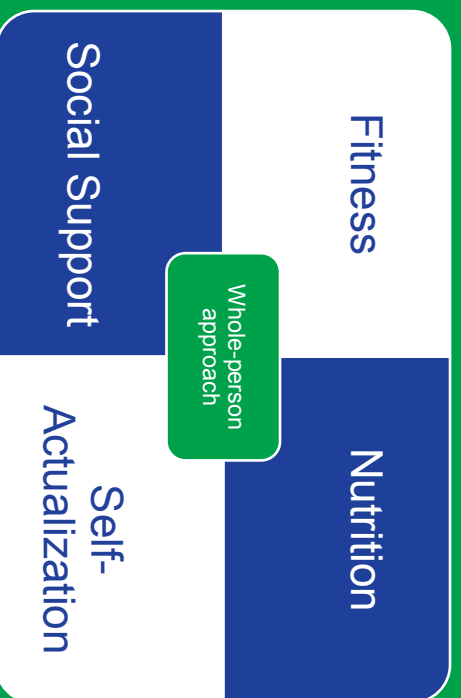
[www.oasiscenter.org](http://www.oasiscenter.org)

# new beginnings



## Mission:

To help financially disadvantaged women discover the strength in themselves, inside and out, and to become the healthiest they can be through individualized world class coaching in fitness, nutrition and behavior change.



# To accomplish our mission, we focus on 3 goals:

- 1
  - Teach women how to create and sustain healthy eating & lifestyle behavior
- 2
  - Improve physical, mental & emotional, and social health
- 3
  - Prevent chronic disease and save money

DaYonne

*“New Beginnings  
activated something in  
my heart. It took me  
from a place of  
knowing what I should  
be doing, to actually  
doing it.”*

**Change Means  
Reinventing Yourself**



# Mingyon

Lost 60 pounds

Reduced BMI by 21.5%  
BMI

Reduced A1C >10 to 5.9

Decreased insulin from  
70 units to 8 units

Saves =\$20,229/year



# Program Components

- Phase 1: 24-45 fitness, nutrition, and behavior change coaching sessions
- Phase 2: 9 months of additional exercise classes and continued nutrition and lifestyle coaching support
- A sustainable, habit-based nutrition system
- A strong community of like-minded, supportive women
- Access to nutrition and personal development workshops

The program is FREE to women who meet the income requirements below. We have a sliding scale for clients over the maximum income levels.

Household size	Maximum Income*
1	\$51,000
2	\$58,500
3	\$65,775
4	\$73,050
5	\$78,900

# TNBC Outcomes



500+ Women/year



Reduced Medications



Increased nutritional knowledge



Improved Daily Function



Improved sense of well-being



Increased self-confidence

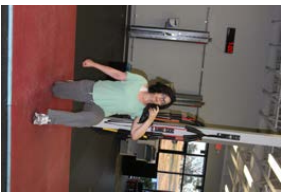


Indirect impact



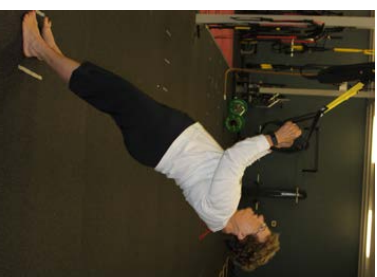
Weight loss





# TNB FITNESS

Social  
Enterprise



[www.TNB-Fitness.com](http://www.TNB-Fitness.com)



509 Craighead Street, Nashville 37204

615-432-2579

[tweddle@tnbcenter.org](mailto:tweddle@tnbcenter.org)

[www.thenewbeginningscenter.org](http://www.thenewbeginningscenter.org)

[www.tnb-fitness.com](http://www.tnb-fitness.com)

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# Logistics





**Select a Microphone**

- Microphone (Logitech USB Headset)
- Microphone Array (Realtek Audio)
- Microphone (HD Pro Webcam C920)
- Same as System

**Select a Speaker**

- Speakers (Logitech USB Headset)
- Speakers / Headphones (Realtek Audio)
- Same as System
- Test Speaker & Microphone...
- Leave Computer Audio
- Audio Settings...

*Note: A yellow oval highlights "Switch to Phone Audio..." and a yellow arrow points to it.*

Choose ONE of the audio conference options

- Phone Call
- Computer Audio - Connected
- Call Me

*Note: A yellow oval highlights the text "Already joined by phone? Enter #169679 on your phone."*

Dial: +1 301 715 8992  
 +1 312 626 6799  
 +1 929 205 6099  
 +1 253 215 8782  
 +1 346 248 7799  
 +1 669 900 8833

Or: 833 548 0282 (Toll Free)  
 877 853 5247 (Toll Free)  
 888 788 0099 (Toll Free)  
 833 548 0216 (Toll Free)

Meeting ID: 256 458 5115  
 Participant ID: **169679**

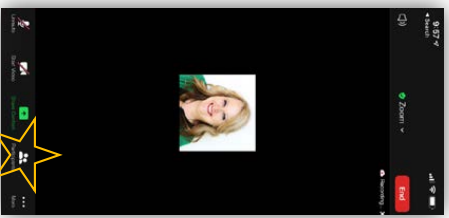
Done

To hear others please join audio

Dial In

Cancel

on a mobile device



Participants (1)

Miranda Ford (host, me)

Urunde

Rename

Cancel

*Note: A yellow arrow points to the "Rename" button.*

Participants (1)

Miranda Ford (host, me)

Rename

Enter your name:

Miranda Ford

Cancel Done

*Note: A keyboard is visible at the bottom of the screen.*

Mute

Stop Video

Participants 2

Chat

Share Screen

Record

Reactions

Leave



**No Confidence or Confident No**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10





Work

Family

Partner

Friends

Caregiver

Chores

School

Volunteer

Self



# BREAKOUT ROOM

- ▶ Name and company
- ▶ When was the last time you wanted to say No, but didn't, and why?



# The Power of No

- ▶ Why women struggle to say No
- ▶ The Professional No
- ▶ Finding your way to No





**Is Saying No Harder for Women than Men?**

**YES**

**NO**



## Why we resist saying NO

<p>Want to seem nice</p>	<p>Don't want to cause pain</p>
<p>Don't like conflict</p>	<p>Like to please</p>

# Why Do We Find It So Hard to Say What We Mean?



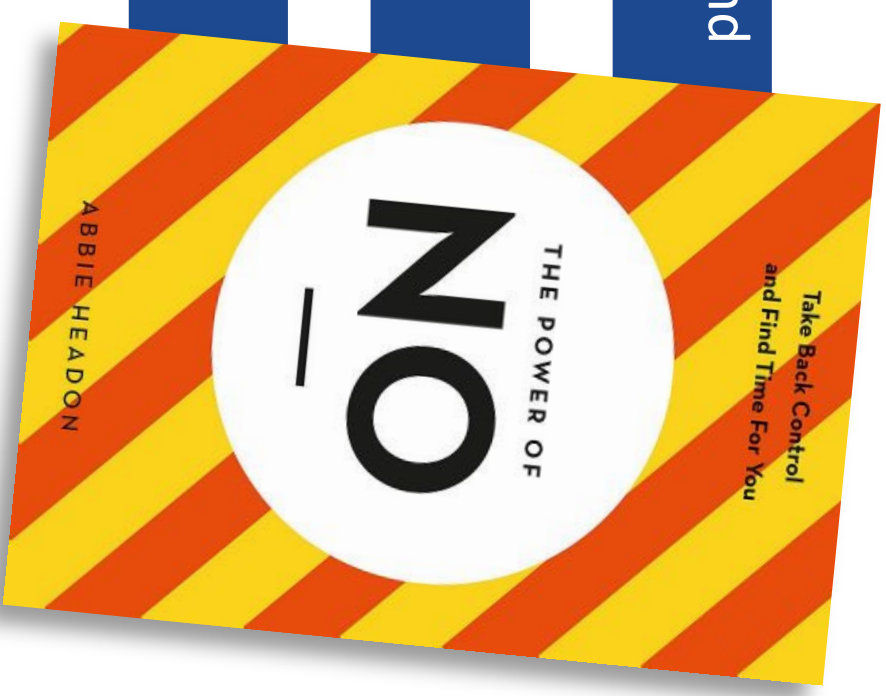
**ANXIOUS** – Focused on being accepted and deprioritize their own choices.



**AVOIDANT** – Unwilling to risk being vulnerable in front of others



**SECURE** – Trust others and can express intimacy without feeling stressed or insecure





# Every Kind of No

**THE STRENGTH-GIVING NO**  
*THE DATING NO* **THE SELF-CONTROL NO**  
**THE PROFESSIONAL NO**  
**NO GASLIGHTING**  
NO AMONG FRIENDS **NO MEGGING**  
**THE PUBLIC NO**



# Saying No at Work





# The Professional No

*A No at work can make you more effective and able to progress in your career*

## ▶ Say No To Feeling Overwhelmed At Work

- ▶ Set SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- ▶ Break Big Tasks Into Small Steps
- ▶ Communicate to your leadership and teammates if your workload is too much



# The Professional No

*A No at work can make you more effective and able to progress in your career*

## ▶ Use No to Negotiate a Better Salary

- ▶ Prepare
- ▶ Decide what you're willing to offer and concede
- ▶ Switch off your innate desire to make other people happy
- ▶ Silence can be another form of No



# Finding Your Way to No Words of Wisdom

“Find out what you like doing best and get someone to pay you for doing it.”

– Katherine Whitehorn

Cancel the meeting,  
keep the donuts

“The best way to predict  
the future is to create it.”

– Abraham Lincoln

Grow where  
you are planted

Any job is 80% grunt  
work and 20% glory –  
find the grunt work  
you like doing

“Work to become,  
not to acquire.”

– Elbert Hubbard

“Failure doesn’t mean you are  
a failure. It just means you  
haven’t succeeded yet.”

– Robert Schuller

# **Finding Your Way to No**

*Say No to Being a People Pleaser*

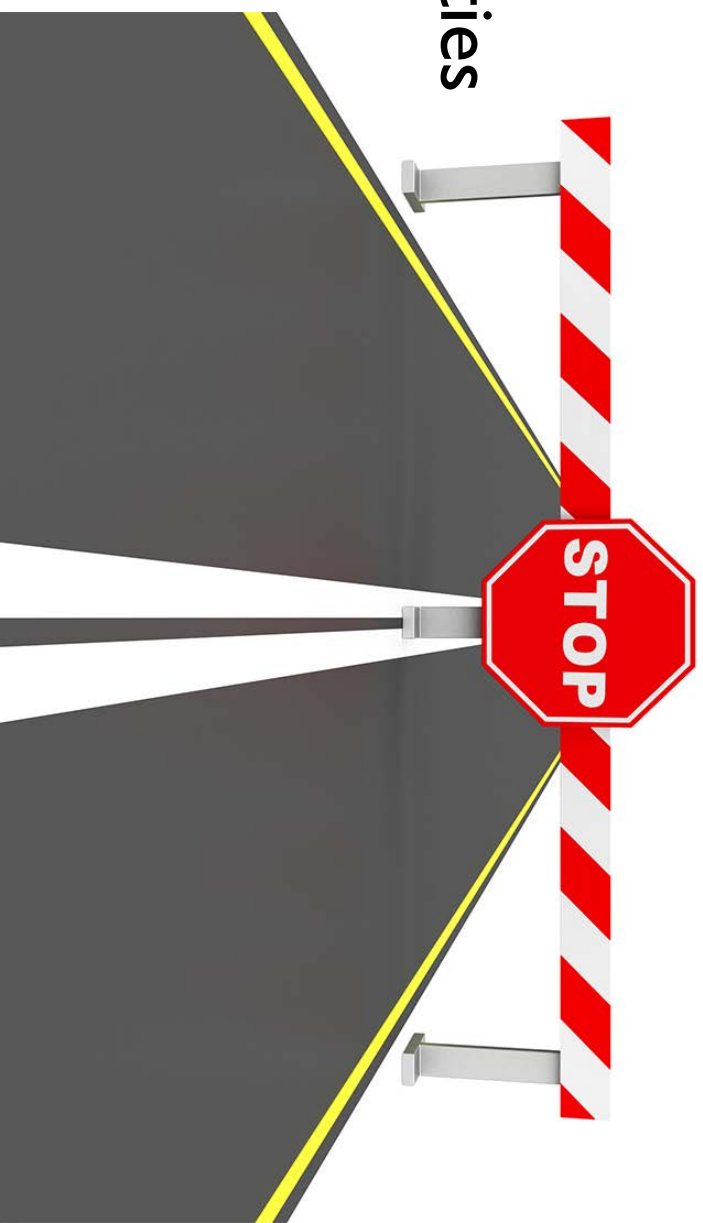
- ▶ Try pleasing yourself
- ▶ Give yourself breathing space
- ▶ Limit your commitment
- ▶ Don't over explain
- ▶ Accept that you can't please everyone
- ▶ Don't apologize



# **Finding Your Way to No**

## *Protect Your Boundaries*

- ▶ Increase your self care
- ▶ Use your network
- ▶ Limit your responsibilities
- ▶ Switch off

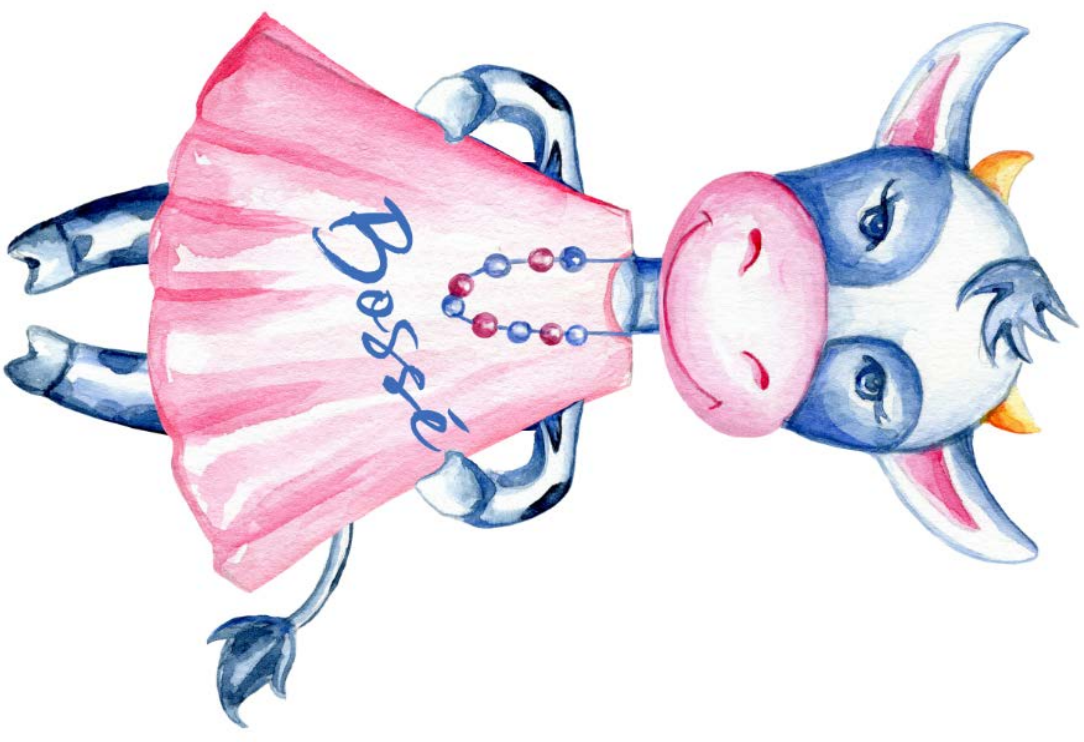


# Finding Your Way to No

# POWER POSE!



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No is a complete sentence. It does not require an explanation to follow. You can truly answer someone's request with a simple no. - Sharon E. Rainey

Saying no can be the ultimate self-care.

-Claudia Black

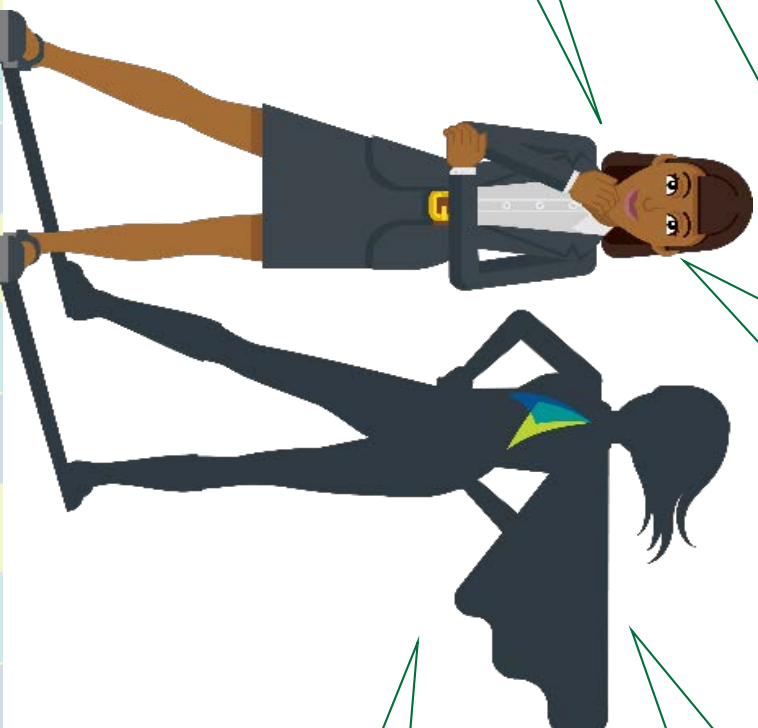
Part of the skill of saying no is to shut up afterward and not babble on, offering material for an argument.

- Judith Martin

You don't have to stay committed to something just because you're good at it.

-Brittany Burgunder

It is necessary, and even vital, to set standards for your life and the people you allow in it. - Mandy Hale





The oldest, shortest  
words- 'yes' and 'no' –  
are those which require  
the most thought.

-Pythagoras



**Thank you**

