



GETABSTRACT REVIEW OF

No!**How One Simple Word Can Transform Your Life**

No matter what level of employment or management you are in, where you work or what your responsibilities are, most people have a natural propensity to say yes far too often. Jana Kemp's book will help if you sometimes say yes when you don't want to, or even when you are not fully capable of committing to and delivering on the promise you are making.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. Share Times 'Yes' has gotten you into trouble.
2. What did you learn from that?
3. What needs to happen to allow yourself to feel comfortable saying no?
4. What strategy will you use if faced with a situation like this again?

"It is worse to say yes and mean no than it is to say no in the first place?"

No!

Jana Kemp

Additional resources

Time Management

