



Did you know that some **75%** of all Dutch professionals have trouble saying 'no'? Generally speaking, women more often than men. Saying 'no' at work, to your boss, a colleague or to an appointment, an interim question, an extra project, working overtime. You're not the only one. But did you know that if you have trouble setting boundaries and defending yourself, and don't say 'no', you're at a heightened risk of increased work pressure, work stress, and a burn-out?

We do much better! The smarter way to say no e-learning will help you say 'no' deliberately in a structured manner, for the rest of your life. The purpose of this e-learning is to help you turn saying 'no' into a new habit.

### Often people:



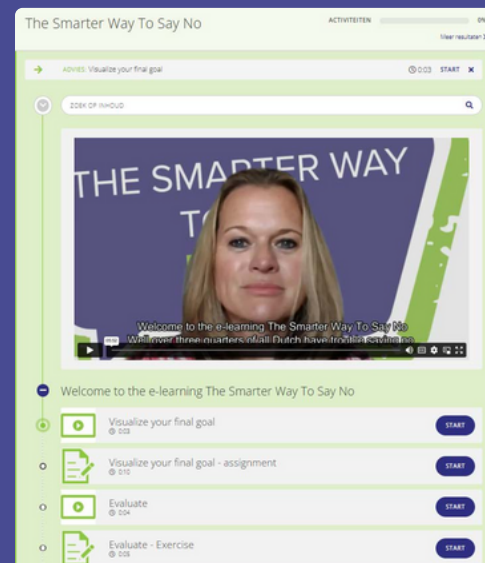
- X Tend to want to help everyone
- X Work on tasks that aren't part of their tasks and responsibilities
- X Are under too much pressure, so they miss their own deadlines or are unable to do their own work
- X Have specific obstructive beliefs



With her programmes, Eva Rietbroek, Work Smarter trainer, helps small and medium-sized business owners and their employees, as well as employees of big companies, get back **IN CONTROL**. For instance with The smarter way to say no e-learning.

### The smarter way to say no: an e-learning you can implement directly

You'll do several online modules with videos and exercises in your own time and at your own pace. The modules are structured in such a way that you can implement all of the tips yourself.





## What you learn:

- ✓ You'll learn different ways to say 'no' to tasks and requests coming in in a deliberate and smart way
- ✓ You'll be inspired and gain new insights thanks to the interviews with different people who are and aren't able to say 'no'
- ✓ You'll get the right mindset, so it becomes easier to say 'no'
- ✓ You'll get many examples to say 'no'
- ✓ You'll gain inspiration and new insights thanks to the inspiring 'say no' quotes. A famous quote is 'Saying "no" to someone else is saying "yes" to yourself', for instance
- ✓ You'll learn to say 'no' with the aid of many model sentences that you can use
- ✓ You'll get a lot of practical exercises, so you can practice immediately
- ✓ And lots of other smart tips, beliefs, and insights to help you say 'no'



## What you get:

### The smarter way to say no e-learning

#### Access to online environment (one year)

(Over 40 videos, tips, exercises, and model sentences)

- ✓ EEVVAA method
- ✓ €237\* (excl. of VAT)
- ✓ Time investment: Four hours

\*Prices as per 01-01-2025



## What are the benefits:

### For participants:

- ✓ Tools for life that you can leverage privately and professionally
- ✓ You'll learn to say 'no'
- ✓ You'll learn to set boundaries and be assertive and to stand up for yourself
- ✓ Much more peace of mind, time, and energy
- ✓ More self-confidence and self-respect
- ✓ Less work pressure, work stress and reduced risk of burn-out
- ✓ Many insights into why you do what you do
- ✓ Comprehensive explanations, so you can get to work immediately to implement what you've learned in actual practice

### For employers:

- ✓ Satisfied employees without work stress who are back IN CONTROL and satisfied customers and stakeholders
- ✓ Saving time (and therefore money) because employees work more efficiently and effectively. This time can be invested in new projects.
- ✓ Saving one hour a day translates to €12,000 per employee per year
- ✓ Reduced absenteeism because they suffer less work pressure and therefore stress. This will result in lower absenteeism (the average burn-out costs the employer €80,000 a year)



“Very clear and inspiring online training. The training combines theory and practice. You are coached in learning how to say “no” step by step.”

“The new e-learning The smarter way to say no helped me set better boundaries, too.”

“This training has made me more aware of saying “no”. I was already able to say “no”, but it caused a lot of stress. I’m more aware now and better able to say “no”.”

“The smarter way to say no (English version) is helping me bring down work-related stress and prevents overcommitting.”

[View more reviews here](#)

Request The smarter way to say no e-learning [here](#) or send an email to [eva@inzichtinorde.nl](mailto:eva@inzichtinorde.nl) for more information. Want to work even smarter and get more one-on-one coaching? No problem! The smarter way to say no e-learning is one out of nine modules in the IN CONTROL program. View the more comprehensive IN CONTROL program [here](#).

This programme is offered by:

