

11. Coping With Rejection



As a social species it is hard-wired into us to avoid rejection. While this is valuable on a social level, in a business setting it can be detrimental if your staff don't deal well with rejection.

Putting It Into Perspective

We will help your staff gain control and perspective over their feelings as well as the feelings of others.

Tipping the See-Saw

The ability to tip the see-saw and gain equal mental footing with the person, people or organisation that your staff deal with will ensure better levels of coping, compassion and overall mental health.

The Five Rs

We provide a simple checklist that your staff can use to optimise their responses to rejection.

Contact lene@netvigator.com to help your staff master this skillset.

"Lene embraces life come thick or thin and you can't help but be carried along by that when you're with her."

Rob Miller, BBRC