

Van Meter & Associates, Inc.  
Training and Organizational Development for Public Safety Forces

## **Supervisory Skills Training: How to Just Say “No”**

**1:00pm-4:00p.m. EST October 28, 2024**

Class participants learn powerful and enforceable ways to say “No” for the right reasons, to the right persons, and in the right way, for example:

- **No, you can't take a day off simply because you want it.**
- **No, just like bullets sick days cannot be used just because you have them**
- **No, you haven't earned the right to your request.**



**When “No” is the answer to an unreasonable, unwarranted, or untimely request, just saying “No”:**

- **Creates clear, consistent, and respected boundaries**
- **Maintains authenticity and trust**
- **Reduces the chance of miscommunication**
- **Reduces performance inefficiencies**

Participants are urged to engage actively, participate in meaningful discussions, provide immediate feedback, and collaborate effectively. Class size is limited to allow time for demonstrations, questions and answers. **Please register early with an E-mail address that will accept attached pre-class learning materials.**

**About Van Meter and Associates, Inc. (VMA)** For over 42 years, VMA has specialized in training and organizational development for law enforcement and public safety agencies nationwide. Everything we do, we do is to honor the goodness and integrity of those who dedicate their lives to keeping their communities peaceful and safe.

**A computer (laptop or desktop) equipped with microphone and speaker (camera optional).**

Regular Tuition: \$165 first registrant/\$145 each additional (PO's Vouchers, postmarked on or after October 25, 2024)

Prepaid Tuition: \$150 first registrant/ \$135 each additional (CC payments and checks postmarked by October 24, 2024)

P. O's, Vouchers, Claims, DOJ accepted but does not guarantee tuition rate.

**Register Online below lower left, call  
800-331-8025 or email to [vanmeterassociates@att.net](mailto:vanmeterassociates@att.net)**

**Van Meter & Associates, Inc. ([www.vmanet.com](http://www.vmanet.com))**  
Training and Organizational Development for Public Safety Forces  
The “How to” company from Coast-to-Coast since 1982  
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