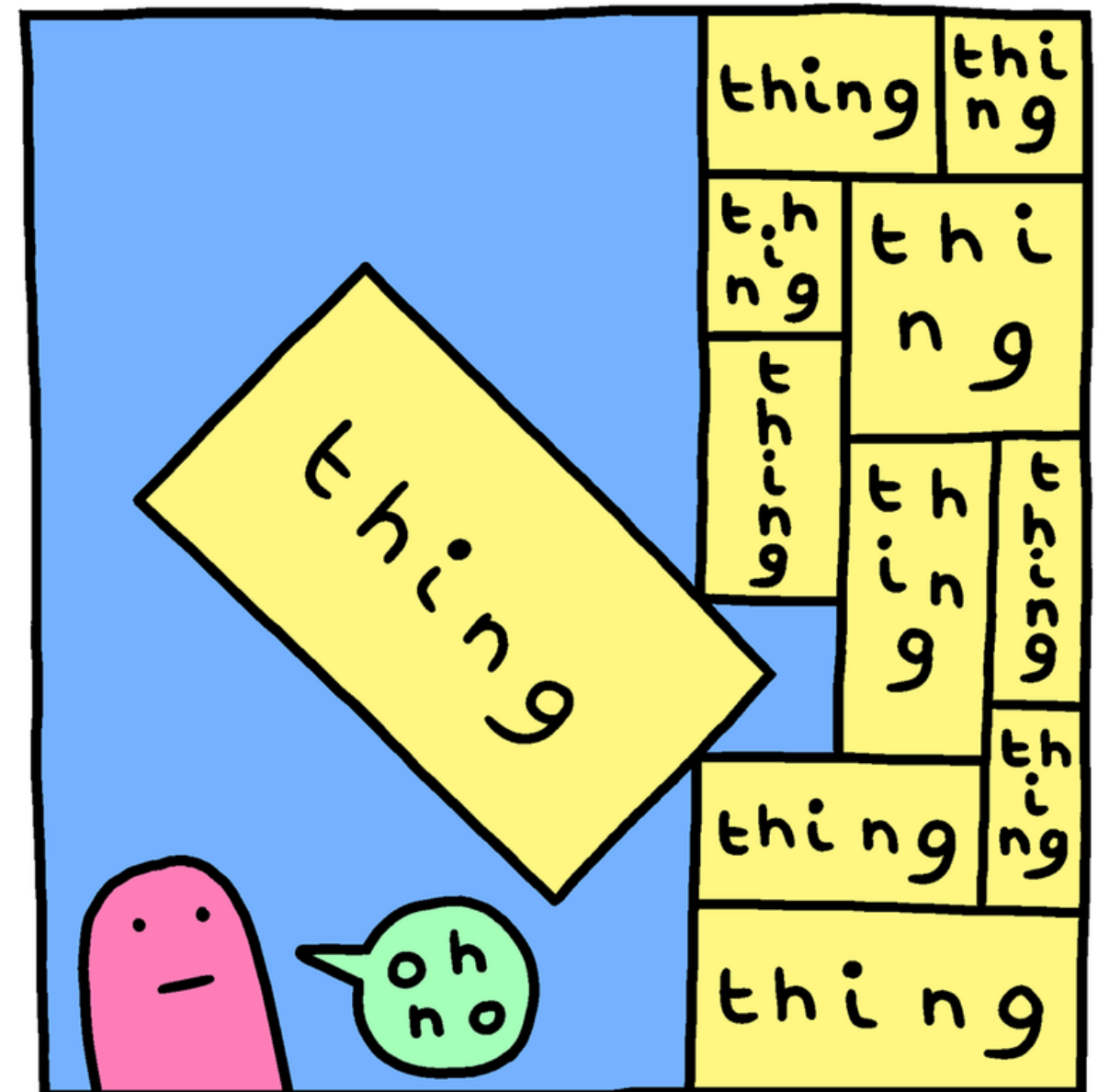
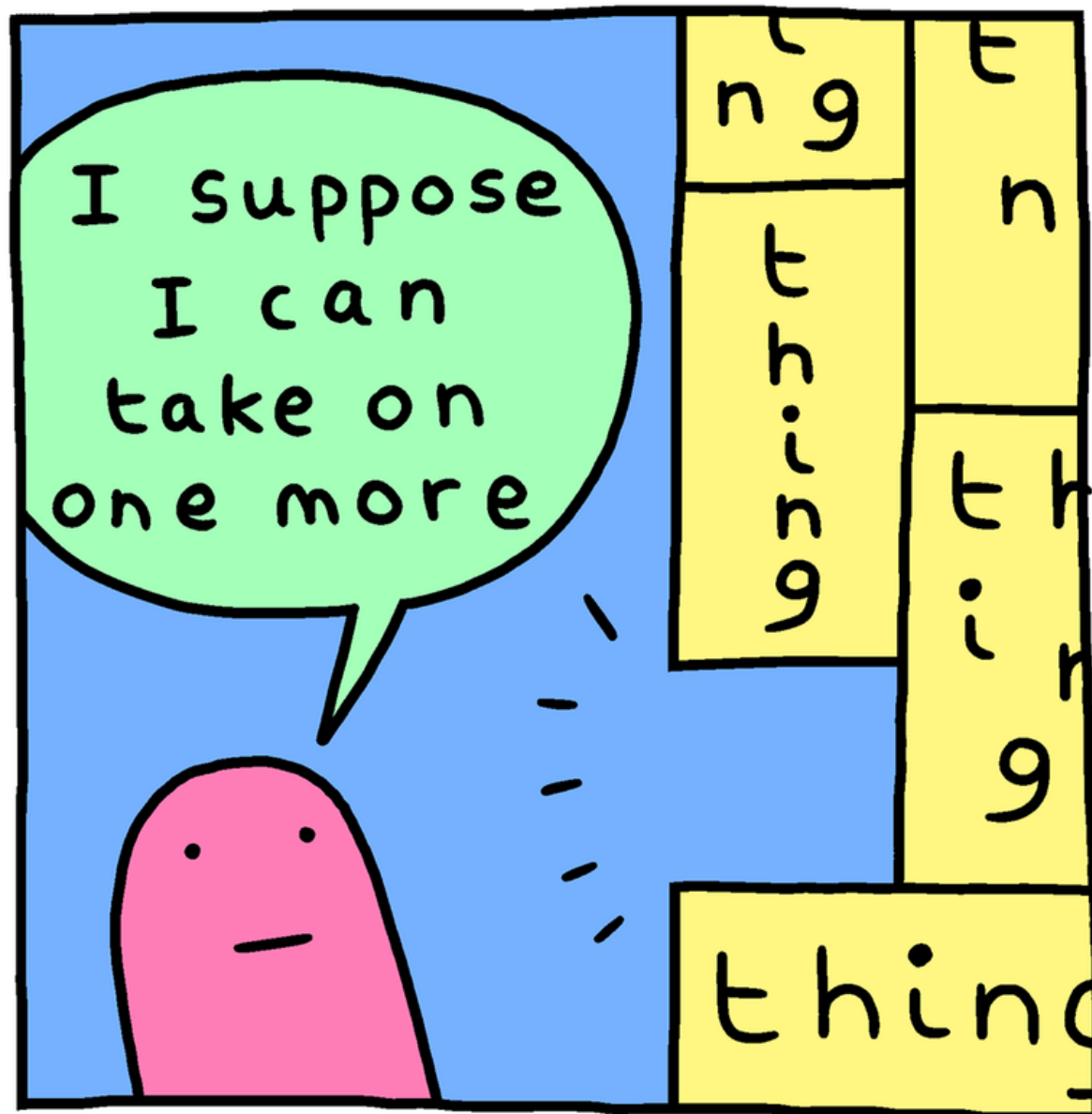
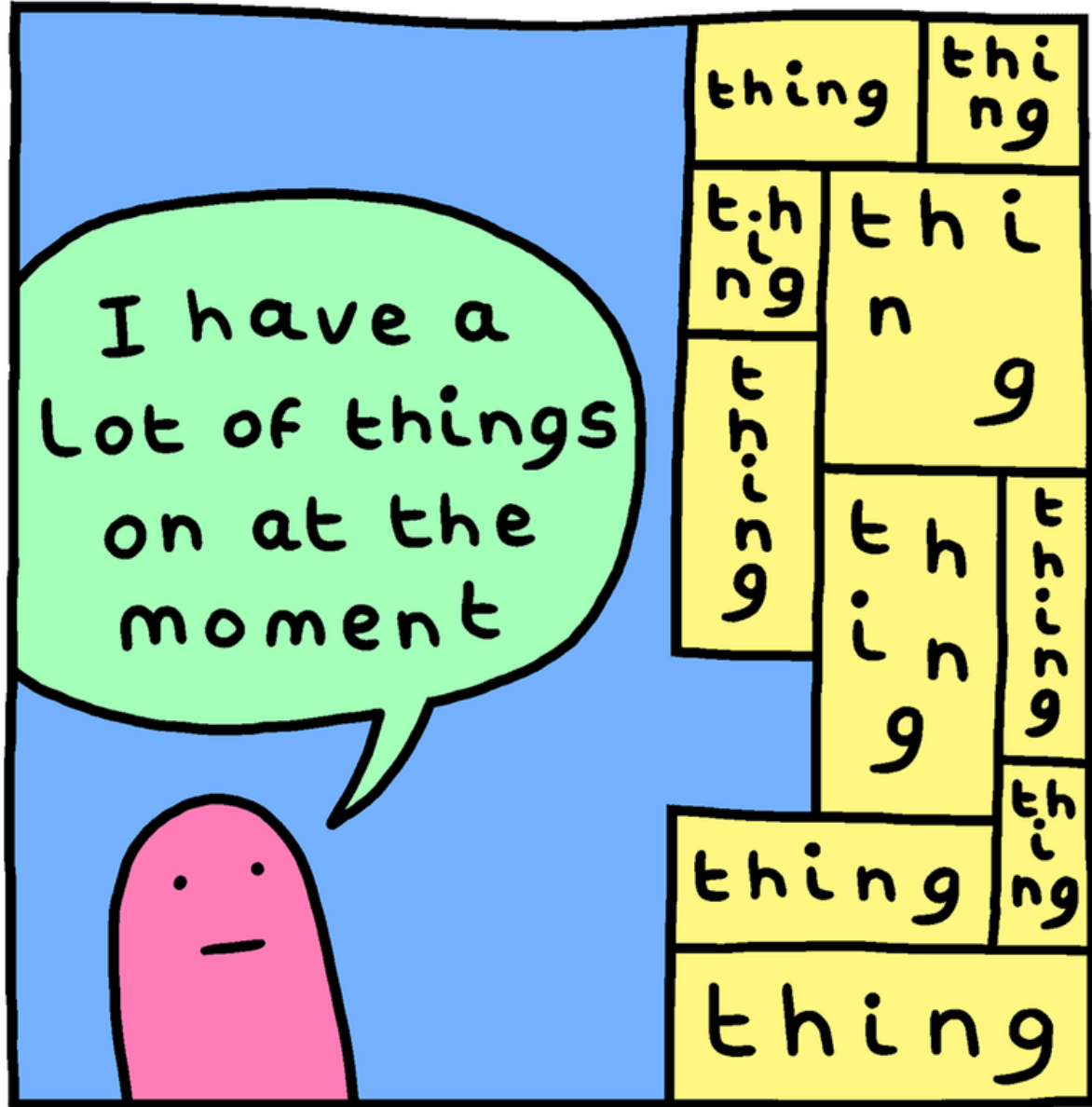


A grayscale photograph of a hiker walking away on a rocky mountain trail. The hiker is wearing a backpack and holding a trekking pole. The background shows rugged mountains and a cloudy sky. A bright yellow rectangular box is overlaid in the center, containing the text 'KAKO ŘEČI "NE"?' in black, uppercase, sans-serif font.

KAKO ŘEČI "NE"?

SCHEDULE



# O ČEM BOMO GOVORILI?

1

Kdaj ne rečemo: "Ne."

2

Zakaj ne rečemo: "Ne."

(In kako lahko to v prihodnje spremenimo.)

3

Kako reči: "Ne."

(In ohraniti dober odnos.)

KDAJ NE REČEMO: "NE"










ZAKAJ NE REČEMO:  
"NE"



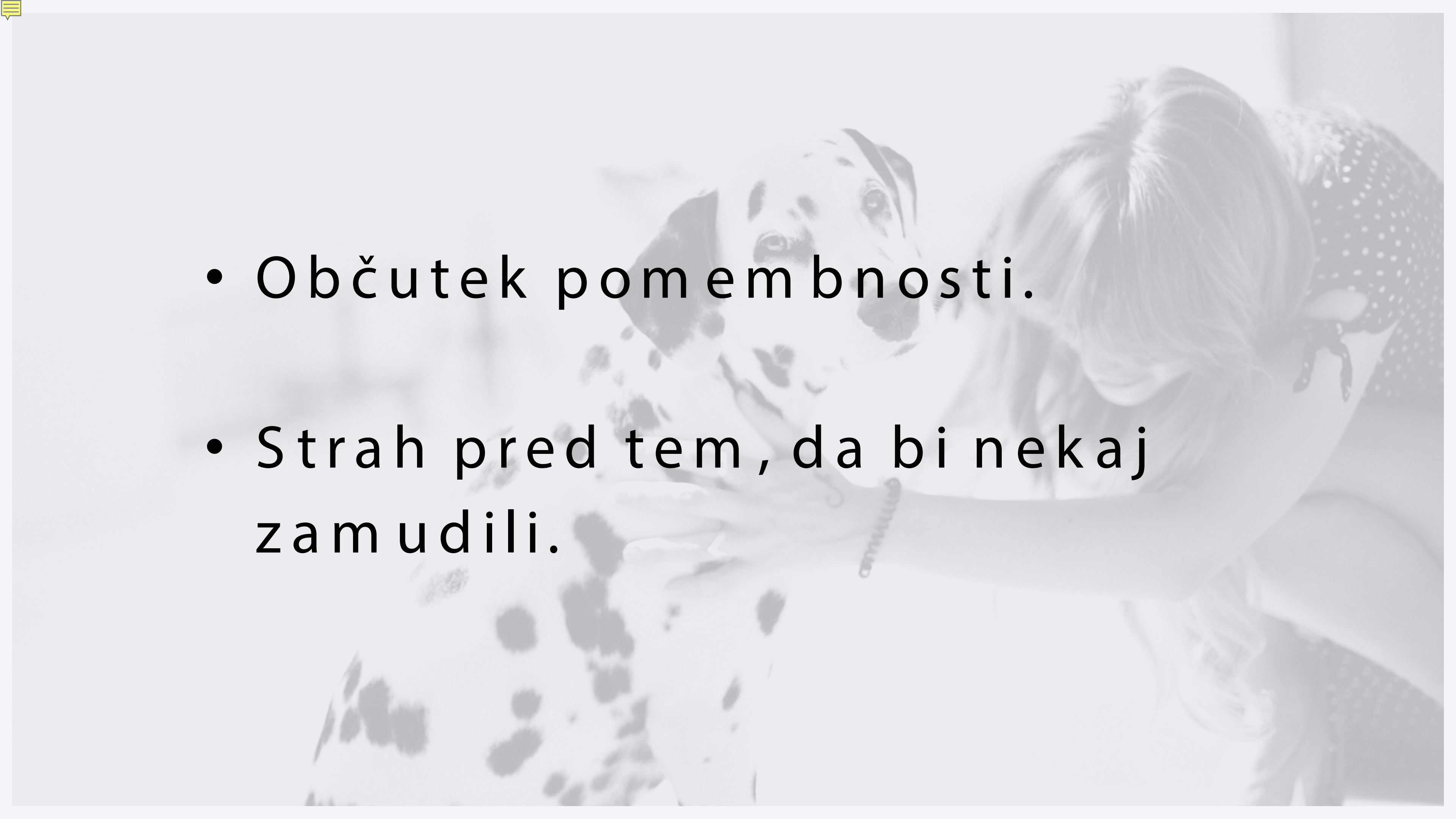




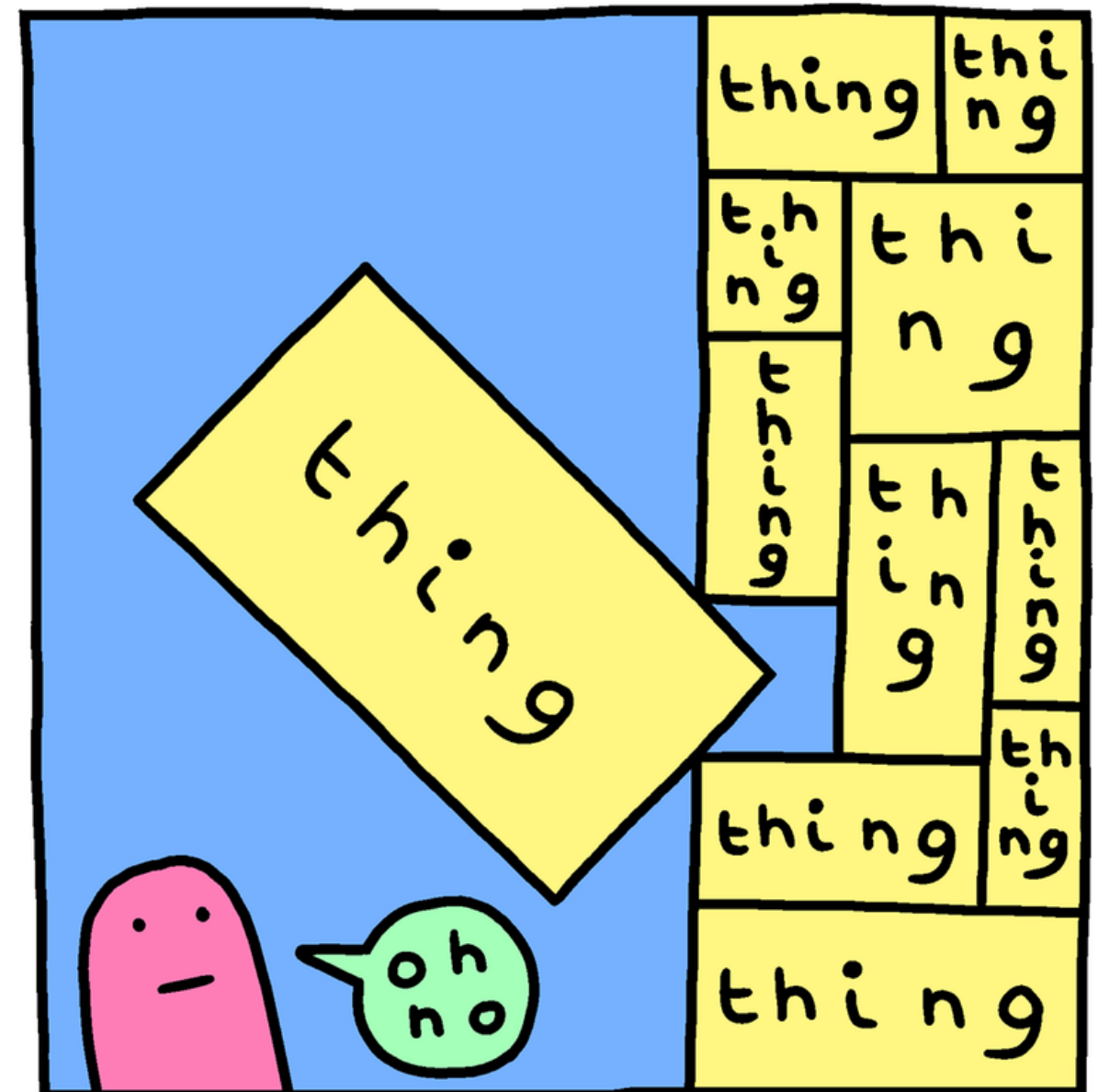
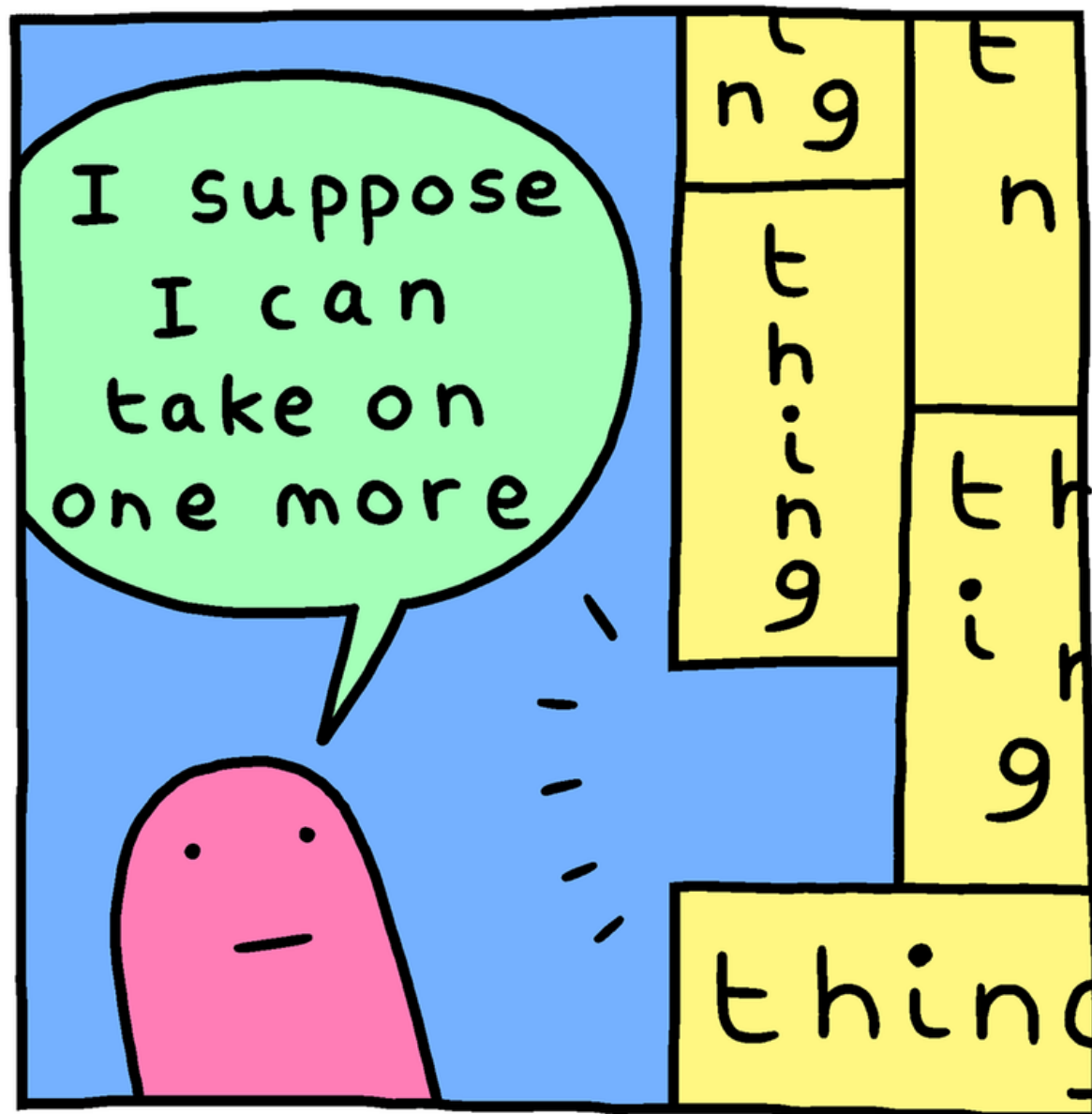
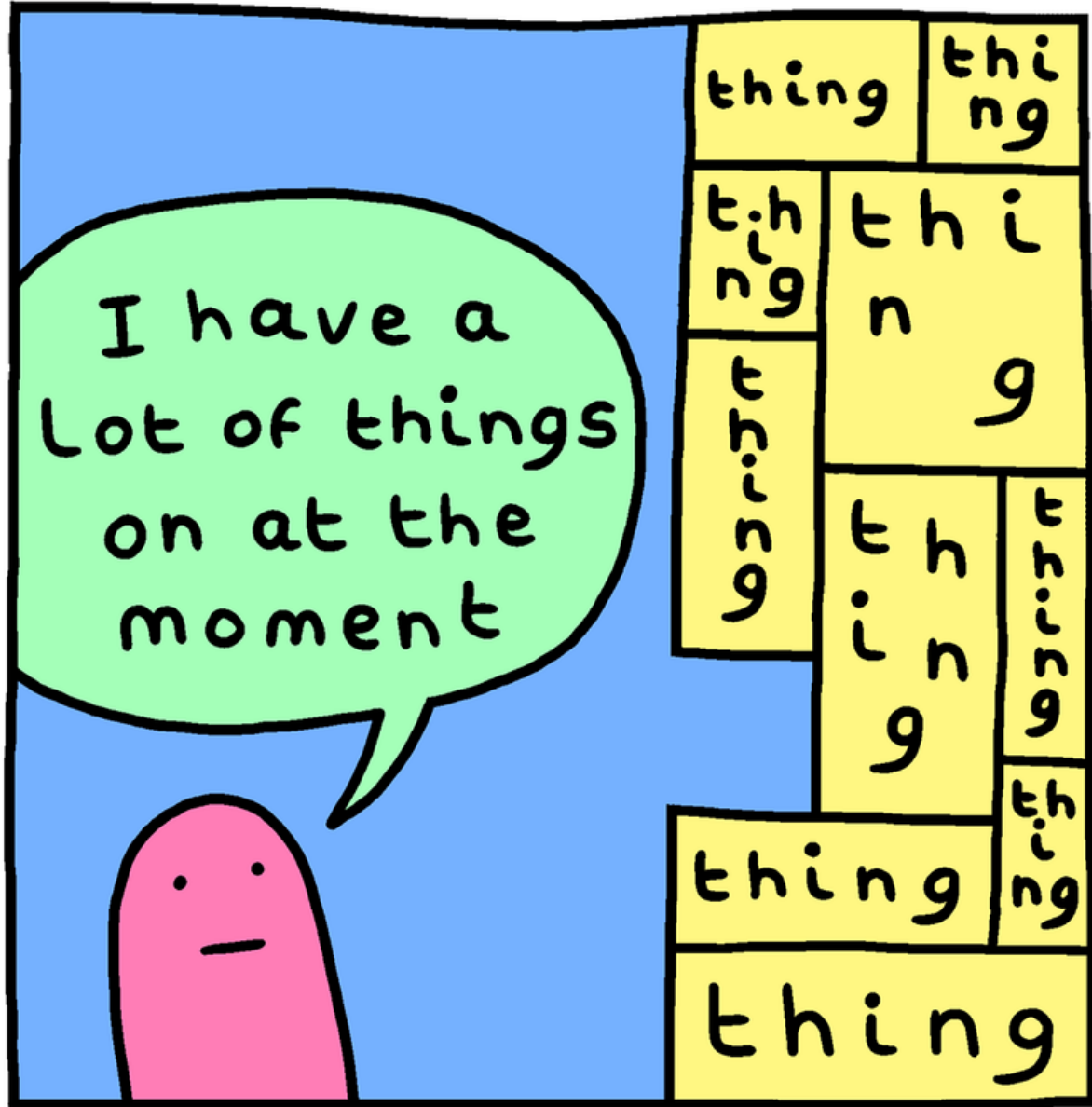
- 
- A grayscale photograph of a woman with long hair leaning over to pet a Dalmatian dog. The woman is wearing a dark, patterned top and a watch on her left wrist. The dog is sitting and looking towards the camera. The background is blurred.
- naučeni vzorci
  - samospoštovanje
  - identiteta

- 
- The background image shows two women sitting at a white table in a cafe. The woman on the left is wearing a dark hoodie and holding a coffee cup. The woman on the right is wearing a light-colored sweater and plaid pants, gesturing with her hand while talking. On the table are two coffee cups and a laptop. In the background, there is a shelf with a mug that says "EAT DRINK ENJOY".
- Konflikt je (lahko) pozitiven.
  - "Ja" ni vedno usluga drugemu.



- 
- A grayscale photograph of a woman with long hair, wearing a dark top, leaning over and petting a Dalmatian dog. The dog is sitting and looking towards the camera. The image is semi-transparent, serving as a background for the text.
- Občutek pomembnosti.
  - Strah pred tem, da bi nekaj zamudili.

SCHEDULE



ČEMU ŘEČI: "NE."

IN ČEMU: "JA."



# VREDNOTE

so najširše motivacijske kategorije in nas usmerjajo k vedenju, skladnemu z našimi vrednotami.



SKLADNOST Z VREDNOTAMI



ZADOVOLJSTVO

NESKLADNOST Z VREDNOTAMI

NELAGODNOST, FRUSTRACIJA



DELO/POKLIC

UGLED

VPLIV

SVOBODA

ZNANJE

OTROCI

LJUBEZEN

STARŠI/DOM

PRIJATELJI

HRANA in PIJAČA

VARNOST

UDOBJE

SPOLNOST

HOBIJI/PROSTI ČAS

POČITEK

DRUŽBA

IMETJE/DENAR

NOVE IZKUŠNJE/DOŽIVETJA

ŠPORT

UMETNOST/ESTETIKA

USTVARJANJE

VERA

RIGHT



KATERA VEDENJA OZ. AKTIVNOSTI  
SO SKLADNE Z NAŠIMI VREDNOTAMI?

WRONG

2

Feb 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



**Moja pravila**





Kar je pomembno, je le redko  
nujno, in kar je nujno, je le redko  
pomembno.

Dwight D. Eisenhower

	URGENT	NOT URGENT
IMPORTANT	<p><u>Quadrant I</u> <i>urgent and important</i> <b>DO</b></p>	<p><u>Quadrant II</u> <i>not urgent but important</i> <b>PLAN</b></p>
NOT IMPORTANT	<p><u>Quadrant III</u> <i>urgent but not important</i> <b>DELEGATE</b></p>	<p><u>Quadrant IV</u> <i>not urgent and not important</i> <b>ELIMINATE</b></p>

Stephen Covey (First Things First, 7 Habits of Highly Effective People)



**KAKO REČI: "NE."**



# KAKO REČI: "NE."

1

»Ne.«

2

»Ne.« + razlaga

3

»Ne.« + razlaga + alternativa

# KAKO OHRANITI DOBER ODNOS?



Naslovim o čustvo v ozadju.



Zavrnim o (+razložim o + ponudim o alternativo).



Zaključim o z gradnjo odnosa.



VEDNO NAJPREJ: "NE."

**HVALA.**

