

Don't Take It Personally!®

Let Elayne show your people
how to be more effective and productive by
NOT taking rejection so personally

What happens when your people feel slighted, unappreciated or treated unfairly?
Do they get hurt or angry? Overreact? Become resentful?

What ways do their work relationships suffer? Do they spend hours dwelling on
what someone said or did? Do these intruding thoughts impede their concentration?
Do they become less productive?

And what about their personal relationships? How much does one area spill over
into the other?

Elayne shows your people how to . . .

- 1. Handle criticism and misunderstandings with ease and grace
- 2. Convert fear of rejection into a springboard for personal effectiveness
- 3. Develop creative strategies for clear and direct communication
- 4. Clear the way for better connection and teamwork
- 5. Enhance work and personal relationships

Your audience is inspired, awakened and challenged

Your people experience innovative and thought-provoking programs interactive, customized
keynotes and trainings are infused by Elayne's presence, enthusiasm and wisdom.

EXPERIENCE THE ENGAGING PROGRAMS OF ELAYNE SAVAGE

- ▶ 'Handling Toxic People and Difficult Situations — Don't Take It Personally!'®
- ▶ 'Managing Misunderstandings and Missteps — Sharpening Your Communication Skills'
- ▶ 'Grandma Passes Down More Than Her China — A Fresh Perspective on Diversity'
- ▶ 'Why Can't You Read My Mind — Handling Expectations and Disappointments'
- ▶ 'Get Out of Your Own Way — Overcoming the Fears that Hold You Back'
- ▶ 'Recovering from Audience Rejection — Conquering Self-consciousness'
- ▶ 'Getting Your Foot in the Door — Improving Customer Service with Clear Communication'

communication coaching • consulting • keynotes • seminars • breakout sessions

Contact Elayne Savage: 510/540-6230 • elayne@QueenofRejection.com

www.QueenofRejection.com



Elayne Savage, PhD
is The Queen of Rejection.®

This internationally recognized expert on overcoming rejection and criticism wrote the book on taking things personally.

She is the author of two groundbreaking books on communication published in 9 languages: *Don't Take It Personally! The Art of Dealing with Rejection* and *Breathing Room — Creating Space to Be a Couple*.

A professional member of The National Speakers Association, she has over twenty-five years in relationship coaching, consulting, training and clinical experience. She is licensed psychotherapist.

She offers keynotes, training and consulting. These feature innovative approaches to handling criticism, rejection and miscommunication.

Dr. Elayne Savage is widely quoted in national and international newspapers, magazines, TV and radio.

You'll find a listing of publications interviews and seminars on the reverse.



ELAYNE SAVAGE, PhD
2607 Alcatraz Avenue
Berkeley, CA 94705
510/540-6230

www.QueenofRejection.com

Elayne Savage, PhD

www.QueenofRejection.com • 510/540-6230

This expert on handling rejection, cultural diversity, work and family relationships educates, inspires and challenges your audiences.

BOOKS AND ARTICLES

Elayne Savage's books have been published in 9 languages and her ideas are included in 25 books by other authors:

DON'T TAKE IT PERSONALLY! THE ART OF DEALING WITH REJECTION (New Harbinger 1997; iUniverse 2002)
DON'T TAKE IT PERSONALLY! TRANSFORM REJECTION INTO SELF-ACCEPTANCE (MJFine Books, 1997, 2000)
BREATHING ROOM—CREATING SPACE TO BE A COUPLE (New Harbinger 2000)
ATTRACT YOUR NEXT GREAT MATE-DATING ADVICE FROM TOP RELATIONSHIP EXPERTS –Anthology (DatingGoddess.com)
BE HEARD AND BE TRUSTED – Anthology, Tom Marcoux
TRUTH NO ONE WILL TELL YOU: HOW TO FEED YOUR SOUL, SAVE A BUSINESS OR GET A JOB IN AN ECONOMIC CRISIS-
Anthology, Tom Marcoux
Values-Based Financial Planning ("Two Retirements: Financial and Emotional")
Values-Based Financial Planning ("If You Love Me You'll Read My Mind—Relationship Expectations and Disappointments")
Values-Based Financial Planning ("Don't Take It Personally! Handling Rejection, Judgments and Criticism")
Step Into College ("Rejection Letters")
Professionally Speaking (Handling Rejection")
Baltimore Sun Papers ("Don't Tell Me I'm Imagining It!")
Elaine Aron's The Comfort Zone ("Taking Things Personally")
San Francisco Chronicle ("Motivation Versus Manipulation")
San Francisco Chronicle ("The Tragedy of Unexpected Betrayal")
San Francisco Examiner ("My Mother's Plane Keeps Crashing")
Los Angeles Times ("Who's Protected in Holding Back Painful Photos?")
Monthly e-Letter 'Tips from the Queen of Rejection'@

MEDIA INTERVIEWS

(Partial List)

The Maury Povich Show
Psychology Today Online
Prime Time Justice, Court TV
People are Talking
National Public Radio discussion co-host

BBC World News
CBS Radio
ABC Radio
Radio Free Europe
David Brenner Show
Canadian Broadcasting Corp.
Ivanhoe Broadcast News

CNN.com
Forbes.com
Glamour.com
WebMD
MSNBC.com
msn.co.uk
ZDTV

WashingtonPost.com discussion host
Reader's Digest
Men's Fitness Magazine
Men's Health Magazine
Woman's Health
Working Mother Magazine
Woman's World
Seventeen Magazine
Cosmo Girl!
Cosmopolitan
College Bound Magazine
Human Resources Magazine
Christian Science Monitor
Newsday

Self Magazine
Cosmopolitan
Good Housekeeping Magazine
Ladies Home Journal
New Woman (UK)
Bridal Guide Magazine
Modern Bride
San Francisco Magazine
First Woman
USA Today
San Francisco Chronicle
San Francisco Examiner
Los Angeles Times
Chicago Tribune

London Observer Sunday Magazine
The London Guardian
New York Times
Atlanta Journal-Constitution
The San Jose Mercury News
The Orange County Register
The Baltimore Sun
The Portland Oregonian
Denver Rocky Mountain News
The Associated Press
King Features
Gannet News Service
Knight Ridder Newspapers
Newhouse News Service
Hearst Newspapers

CLIENTS

(Partial List)

Commonwealth Club of California
Levi Strauss Company
Chiron Corporation
American Association for Marriage and Family Therapy
CalWORKS Partnerships
Lakeport Unified School District
National Speakers Association (NSA)
NSA/Colorado
San Francisco Housing Authority
The City of Fremont
The County of Fresno
Woman's Council of Realtors
Workers Compensation Insurance Review Bd

National School Boards Association
International Association of Administrative Professionals
Women Network
American Professional Society on the Abuse of Children
12th Annual Children's Protective Services Conference at Asilomar
Advanced Clinical Training Workshops
Expanding Your Expertise Workshop Series
We Care Treatment Center for Developmentally Delayed Children
Highland Hospital
Alta Bates Hospital

University of California, Berkeley
International Diploma Program University of California, Davis
University of California, San Francisco
Faculty Training Program
California State University, S.F
California State University, Hayward
Center for Psychological Studies
John F. Kennedy University
California Graduate School of Family Psychology
Discover U, Seattle
The Learning Exchange, Sacramento
The Learning Annex, San Francisco, San Diego, Los Angeles