"I'm So Confused: Saying Yes and Saying No"

Why We Say No
1) Protect our time
2) Protect our mission
3) Work-Life Balance

Why We Say Yes
1) Growth opportunity (networking and skills)
2) Force yourself from your comfort zone
3) Change/maintain optics of your persona

Guiding Principles to Saying "Yes" or "No"
1) Is it part of your goals and passion?
2) Do you have the time?
3) Will it lead to professional development or new projects?
4) Will this change your professional optics?
5) What are your expectations?