



The Power of Boundaries: How to Set and Maintain Healthy Limits

Key Takeaways

1 5 Key Types of Boundaries

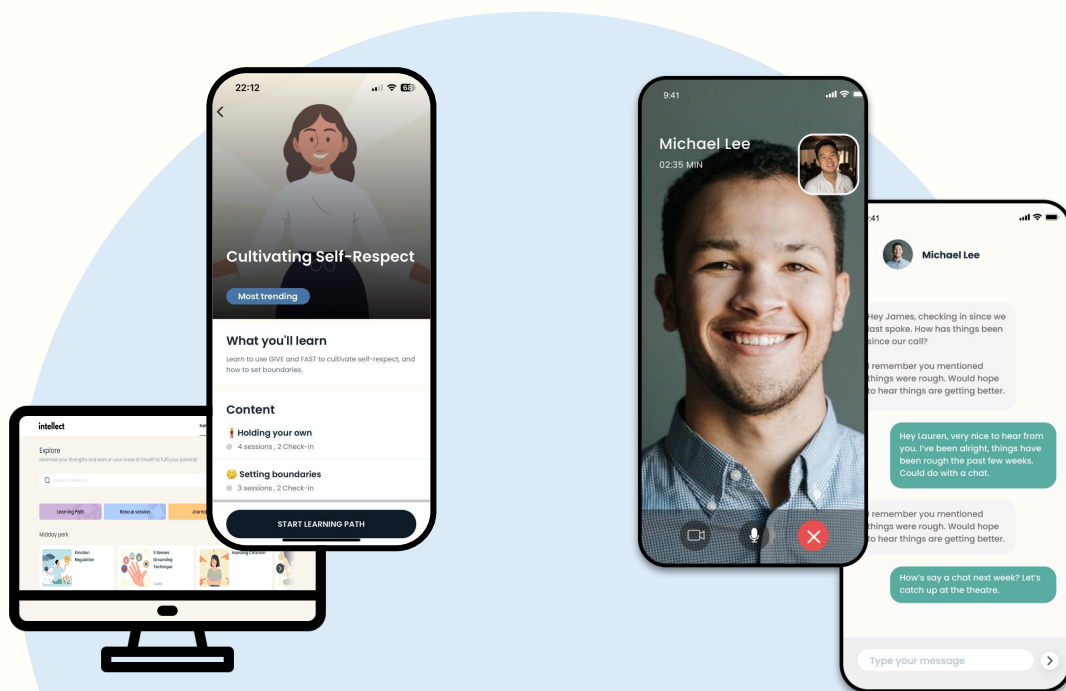
				
PHYSICAL	INTELLECTUAL	RELATIONSHIP	TIME	MATERIAL

2 Steps to Set Effective and Healthy Boundaries

	KNOW	CHECK-IN WITH YOURSELF OFTEN Define what is agreeable and acceptable to you for each of the five boundaries
	SAY	PREPARE YOUR RESPONSE(S) For each of the five boundaries and its attributes, identify how you would communicate when you need to set it
	DO	PRACTICE YOUR COMMUNICATION Planning ahead, being aware of your communication style and of how others would listen will help you build confidence over time
	UPHOLD	LISTEN & RECIPROCATE Healthy boundaries takes two individuals who are willing to listen and adapt their behaviours for a positive outcome

From Insight to Action: Put Your Skills to Work Today!

Gain confidence in setting your boundaries through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Cultivating Self-Respect Learning Path

Structured learning path designed to empower you in establishing healthy boundaries

1:1 Coaching

Discuss with your coach on ways to implement and maintain your boundaries effectively

Take charge of your mental health today!

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