

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

Boundaries can be hard to set, but they are essential for maintaining personal well-being and healthy relationships. In this webinar, you'll learn how to recognize and establish boundaries in five key areas: physical, intellectual, relationships, time, and material.

We'll explore the positive impacts of setting boundaries, identify common challenges, and discuss strategies for managing boundary violations. You'll also gain practical tools, including a four-step approach (Know, Say, Do, and Uphold), to help you set and maintain healthy limits with confidence.

## Learning Objectives

1. Recognise the Five Types of Boundaries (Physical, Intellectual, Relationships, Time, Material) and Understand How to Maintain Control Over Them
2. Understand the Positive Impacts of Setting Boundaries, Identify Common Challenges, and Learn how to Manage Boundary Violations Effectively
3. Learn and Apply a Four-step Approach to Setting and Upholding Healthy Boundaries: Know, Say, Do, and Uphold

## Content Outline

### The 5 Types of Boundaries You Have Control Over

- Learn the 5 types of boundaries with practical examples and how to set boundaries around them
  - Physical
  - Intellectual
  - Relationships
  - Time
  - Material

### Utilising Boundaries for Positive Outcomes

- Understand the benefits of setting boundaries for personal and professional well-being
- Identify common challenges to establishing boundaries and reasons why they may be difficult to set
- Recognise signs of boundary violations and learn effective steps to respond when boundaries are crossed & actions to cope with the situation

### 4 Key Steps To Set Effective and Healthy Boundaries

- Know - check in with yourself often
- Say - prepare your responses
- Do - practise your communication
- Uphold - listen & reciprocate