



Setting Boundaries for A Better Work/Life Balance



Setting clear boundaries for your personal wellbeing is essential for you to be resilient. If you don't set boundaries, you risk living day to day feeling permanently overwhelmed with no time for yourself.

This is not a good place for anyone to be in and unless you do something to change this, you'll eventually burnout.

The truth is that the perception others have of you could be causing you unnecessary stress. And the other truth is that you are enabling this stress - in your language, actions and behaviours.

Here's why...

Every habit and behaviour you have right now can be changed. Just because you are seen as a certain type of person, doesn't mean it has to always has to be that way.

For example, you could be seen as the company 'helper' who always says yes.

Or you could be the someone who will always change their plans to accommodate others.

In this workshop you will learn:

- Why being a people-pleaser makes life more difficult for you
- How to control the perception that others have of you
How to stop others thinking of you as the go-to 'fixer' or person that will always accommodate their needs
- How to start setting boundaries with others - without changing your personality!
How to say no - without feeling guilty.

You will leave this workshop with a renewed confidence in your ability to protect your personal boundaries. The tools you will learn can be used immediately in your daily life and can improve your relationships both at work and in your personal life.

