



# The You Space

Learning that's all about you!

## The Beauty of Boundaries

### One day workshop

Many people don't understand what boundaries are, the powerful role they play in relationships, and how necessary they are for healthy client interactions. This is the workshop to change all that!

Using a mixture of models, discussion, self checks, workshop, and case studies, participants will understand and manage their professional boundaries in a more self-aware manner, and facilitate their relationships with clients in a "cleaner", healthier and more professional way.

The focus will be on the "beauty" or positive aspects that boundaries will bring to themselves, their clients, and their organization.

The one day interactive workshop will introduce the concept of boundaries, make team members aware of how boundaries work and ask them to dig into their own experiences for learning purposes. Ultimately, participants will come away with a new awareness of their own needs and be able to set down boundaries in an assertive and respectful way.

The Beauty of Boundaries is a great way to learn about boundaries in a fun and safe way.

At the end of the session participants will be able to:

- Define boundaries and discuss why they are important and the "beauty" they bring
- Discuss the Boundary Continuum between Over-Involvement and Detachment
- Discuss the power model and boundaries between themselves and clients including the role of vulnerability and co-dependency in the dynamic
- Define a friend and a client and discuss where to draw the line between the two
- Identify when a game of Rescuer/Victim/Persecutor is occurring and manage their role in it
- Identify how and why boundary crossings and violations occur and what the warning signs are
- Discuss their own experiences of boundary crossings and how they might handle it differently post-training
- Set healthy boundaries using the 5 Step Process, and communicate them assertively
- Discuss and use the basics of the Four Friends of Boundaries:
  1. Awareness
  2. Facilitation
  3. Assertiveness
  4. Process

*This workshop can be adapted to an intensive half day session*