

## Workplace Boundaries: What, Why, How Lesson Guide

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**Session:** Workplace Boundaries: What, Why, How

**Facilitator:** Mona Eshaiker, LMFT

**Feedback Survey:** <https://bit.ly/riseLLsurvey>

### Session Overview

In this expert-led seminar, get clarity on what boundaries represent, how they can help protect us from daily demands, and why they're critical to growing anything - careers, relationships, or our own sense of self.

### Training Summary

1. A workplace boundary is an established limit between you and your place of work, including coworkers.
2. Boundaries must first [REDACTED].
3. When we push past a limit, [REDACTED].
4. Most requests will [REDACTED].
5. If you find yourself deferring to others: [REDACTED]  
[REDACTED]
6. There are many benefits of boundaries [REDACTED]
7. Symptoms of burnout include: [REDACTED]  
[REDACTED]

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8. Don't assume holding a boundary [REDACTED]  
[REDACTED]
9. If someone is not giving you an enthusiastic [REDACTED]  
[REDACTED]
10. Managers have the unique responsibility to maintain [REDACTED]  
[REDACTED]  
[REDACTED]

### Post-Session Facilitated Discussion

Follow up is an important part of the learning process. We have created high-impact questions that are focused on the personal and experiential. This is meant to support in continuing the conversation within an organization. Take the information from the session and apply it to lived experience as you respond to these questions. Although some of these questions might feel uncomfortable, we encourage all to sit in that discomfort and either respond out loud as part of the conversation or respond inwardly.

We strongly encourage you to select someone skilled in facilitation and leading discussions. We understand that sometimes you cannot find the right fit internally. Please contact [jes@therisejourney.com](mailto:jes@therisejourney.com) if you would prefer our speaker to facilitate this discussion.

- How were boundaries, [REDACTED]
- How do you think your exposure [REDACTED]

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- How might your boundaries differ between [REDACTED]  
[REDACTED]  
[REDACTED]  
[REDACTED]  
[REDACTED]
- What workplace boundary would you like [REDACTED]  
[REDACTED]  
[REDACTED]
  - [REDACTED]
- What boundaries did you [REDACTED]
  - [REDACTED]
- After setting a boundary, [REDACTED]  
[REDACTED]
- If a coworker asks for your assistance [REDACTED]  
[REDACTED]






### Additional Resources

1. [Yes to No Spectrum Developer: Mia Schachter](#)
2. [Work/Life Boundaries: A Crucial Lesson for Leaders, We Rise Blog 2021](#)
3. [How to set clear work boundaries — and stick to them, TED 2021](#)
4. [Don't Lose Money to Burnout by Setting Boundaries at Work, Mint 2021](#)
5. [7 Tips for Setting Work Boundaries for Yourself and with Others, PsychCentral 2021](#)
6. **Book:** [Set Boundaries, Find Peace by Nedra Glover Tawwab, LCSW](#)
7. **Podcast:** [The Boundaries Podcast by Dr. Henry Cloud](#)
8. **Video:** [How to set healthy boundaries, New Life Communities 2020](#)

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9. **Key Slides are shown below:** For a copy of the full slide deck, please outreach your People's Team Representative

Additional resources to share on this topic? Send to [mona@therisejourney.com](mailto:mona@therisejourney.com)

<p><b>Benefits of Boundaries</b></p> 	<p><b>Barriers of Boundaries</b></p> 
<p><b>Identify</b></p> 	<p><b>Before Saying "Yes" Ask Yourself...</b></p> 
<p><b>Communicate</b></p> 	<p><b>Enforce</b></p> 