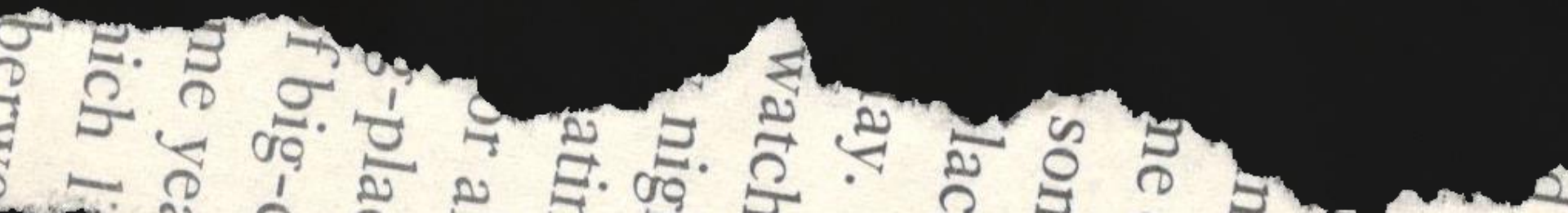




GETTING BETTER AT BOUNDARIES

MOMENTUM
coaching & consulting



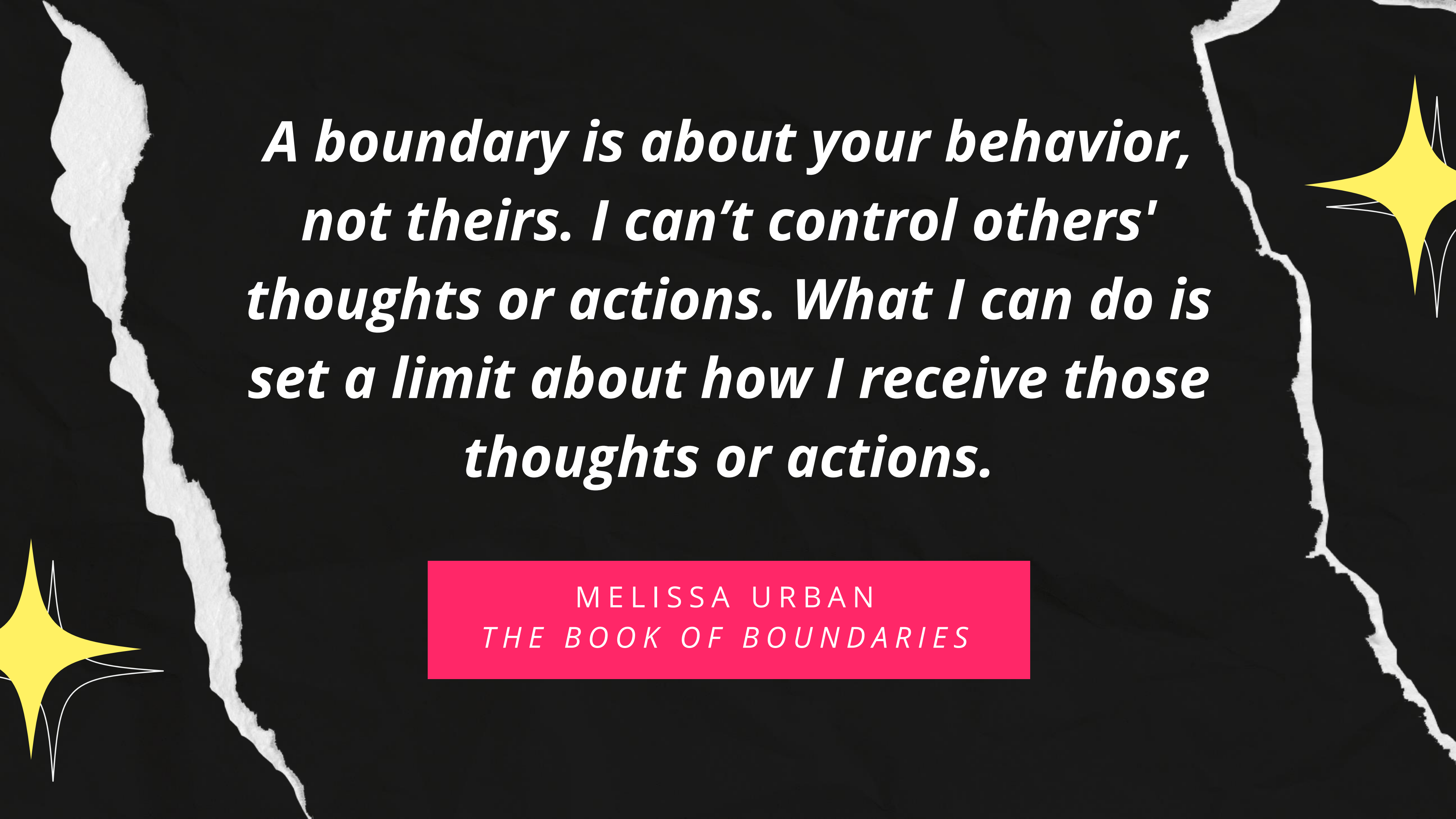


BOUNDARIES FOR

Bad Asses

(And wannabe bad asses)





***A boundary is about your behavior,
not theirs. I can't control others'
thoughts or actions. What I can do is
set a limit about how I receive those
thoughts or actions.***

MELISSA URBAN
THE BOOK OF BOUNDARIES

BOUNDARIES ARE ACTUALLY ABOUT:

**Preserving our physical &
emotional well-being**



BOUNDARY MATH



**The behavior
that isn't for me**

+



**The action I will
take if I
experience that
behavior**

=



**Regaining my
emotional health
and safety**

**WHAT RESPONSES REALLY
TELLS US...**

**OTHER PEOPLE'S
RESPONSES
TELLS US
ABOUT THEIR
PREFERENCES
AND
PRIORITIES.**



FEEDBACK

WHAT IF MY WORKPLACE CULTURE DOESN'T SUPPORT BOUNDARIES?

- What does your HR manual support?
- Find a boundary mentor in your organization.
- Get a Boundary Buddy.
- Automate technology to create boundaries.
- Document.





BUT THIS FEELS ICKY...

1

Practice with smaller boundaries.

2

Challenge the stories you're creating about how someone will feel or respond.

3

If you're changing a boundary, let people know.

4

Get back to "normal" as soon as possible.

BOUNDARIES MEAN YOU ARE HONORING YOUR MENTAL AND EMOTIONAL WELL-BEING.

Get *in*
Touch



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SCHEDULE A FREE COACHING SESSION



UPCOMING EVENTS

Mar 28- [Boundaries for Bad Assess](#) (online workshop)

Mar 30- [Passion & Possibilities](#) (Free online workshop)

April TBA- [Playing Big](#) Book Club

(through Gonzaga's Women Lead)

Apr 12- [Practicing Resilience: Effective Strategies for Healthy Communities](#) (Free Webinar)

Apr 18- [Crush Your Inner Critic](#) (online workshop)

Apr 27- [Meet Your Inner Mentor](#) (online workshop)

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