

The importance of boundaries

Many of us spend a large chunk of our day at work. Without boundaries in place that work can bleed into our life at home. So, ensuring we create boundaries around our workplace is critical.

When you respect your personal boundaries, others typically will, too.

Remember that “you teach people how to treat you.”

Know your values

Understanding your values helps you figure out where you'd like to set boundaries. In other words, by first knowing your values, you're able to then set up systems that helps you get those needs met.

Explore: What makes you, you?

Communicate clearly

Lay out your limits clearly. For example, if you don't want your colleagues and volunteers to contact you at all hours, “verbally tell them the hours you will be available for work-related conversations. In the same scenario, it's also important to figure out what constitutes an “emergency,” and clearly communicate that as well,

Explore “How many of you actually do this, does the boundary break, how often why?

Set boundaries at home

Does this sound familiar

I was spending a sunny Sunday afternoon at work dealing with a few things I didn't have time for during the week

It is important for you to have one day when you are “completely off radar” this will allow you to replenish your mental, emotional and physical reserves.... recharge your batteries.

Explore: Do you do this 100%

- a) If the phone constantly rang would you answer it?
- b) If a member of your team said “they need you to come in and help cover staff shortages” would you go?

Boundaries exercise, for you to think about:

Imagine you are at an event that is celebrating you, your life and accomplishments. There are to be three speakers at this event.

Speaker 1 is from your family (partner, son/daughter, sister/brother etc)

Speaker 2 is a work colleague

Speaker 3 is the inner you

Think deeply...

What would you like each of these speakers to say about you and your life?

What kind of husband, wife, father, or mother would you like their words to reflect?

What kind of son or daughter or cousin?

What kind of work associate?

What character would you like them to have seen in you?

What contributions, achievements would do you want them to remember.

Look carefully at the people around you. What difference would you like to have made in their lives?