

# Victory Performance Consulting

Helping good people change the world.



## SETTING HEALTHY BOUNDARIES AT WORK

### *How to Establish Professional Parameters*

Boundaries are parameters we set to protect our time and energy from wasteful distractions and imposing people. Setting healthy professional boundaries is not only a great way to remain focused and productive, but also the best way to avoid becoming overworked and overwhelmed. This program will show you how to set healthy boundaries and what to do or say when others test or violate them. Want to take control of your workday and take back your life? This program is for you!

### **Learning Objectives:**

- Explain why it is important to set healthy boundaries at work
- Identify activities and people you need to protect yourself from
- Create and establish physical, mental, and emotional boundaries
- Reinforce your boundaries when others test or violate them

### **Fields of Study:**

- Personal / Professional Development
- Business Management & Organization / Human Resources

### **Competencies:**

- Balancing Priorities
- Promoting work-life balance