



# FIND YOUR SUMMER BALANCE WITH PURPOSEFUL BOUNDARIES

Presented by: Tanya Fraizer  
VBI Trainer

*You don't  
have to  
go it alone*



**JARA ENGER**

**ACCOUNT EXECUTIVE**

**THE Village**  
FAMILY SERVICE CENTER  
TheVillageFamily.org



**THE Village**  
BUSINESS INSTITUTE



# FIND YOUR SUMMER BALANCE WITH PURPOSEFUL BOUNDARIES

Presented by: Tanya Fraizer  
VBI Trainer



- **Employee Assistance Programs (EAP)**
- **Critical Incident Stress Management (CISM)**
- **Career Transitions**
- **Custom Training Solutions**
- **Coaching Services**
- **Health and Productivity Services**
- **Human Resource Consultation**
- **Organizational Development**
- **Employee Surveys**
- **Workplace Mediation**

AUGUST 10TH



*mindful leadership*  
THROUGH TRANSITION



THE BUSINESS *bite* 

SEPTEMBER 14TH

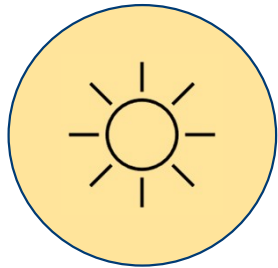


*productivity hacks*  
FOR YOUR WORKDAY

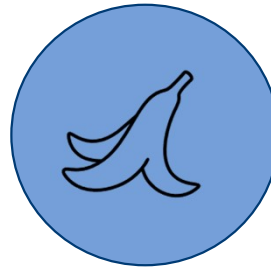


THE BUSINESS *bite* 

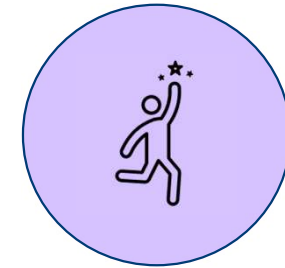
# OBJECTIVES:



Discuss the higher-than-average need for setting clear boundaries during summer months



Identify common pitfalls for weak boundaries within these months



Highlight strategies for how to establish boundaries that create scaffolding for success



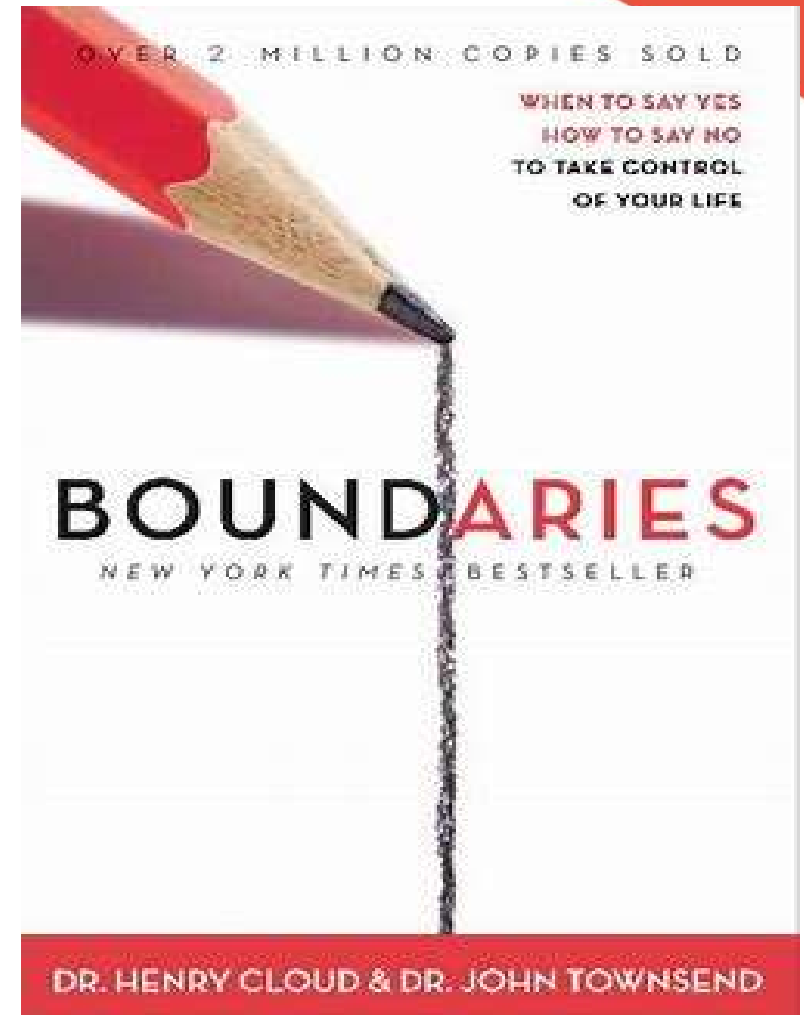
How does **home life** change for you in the summertime?

How about changes in your **work life** during the summer?





**BOUNDARIES**





---

# Benefits of Setting Boundaries

- Peace of mind
- Clear roles and expectations
- More time for yourself (self-care)
- Ability to be present in areas that matter
- Honor your needs
- Less worrying about other people
- Healthy mutually supportive relationships
- Less, frustration, anger, resentment, and burnout

@nedratawwab



# COMMON PITFALLS

- Saying YES too often
- Saying NO too often
- Over-involving in other people's problems (or expecting for you)



# 4 LENSES OF CONSIDERATION FOR BOUNDARIES

Application at  
work & in  
home life

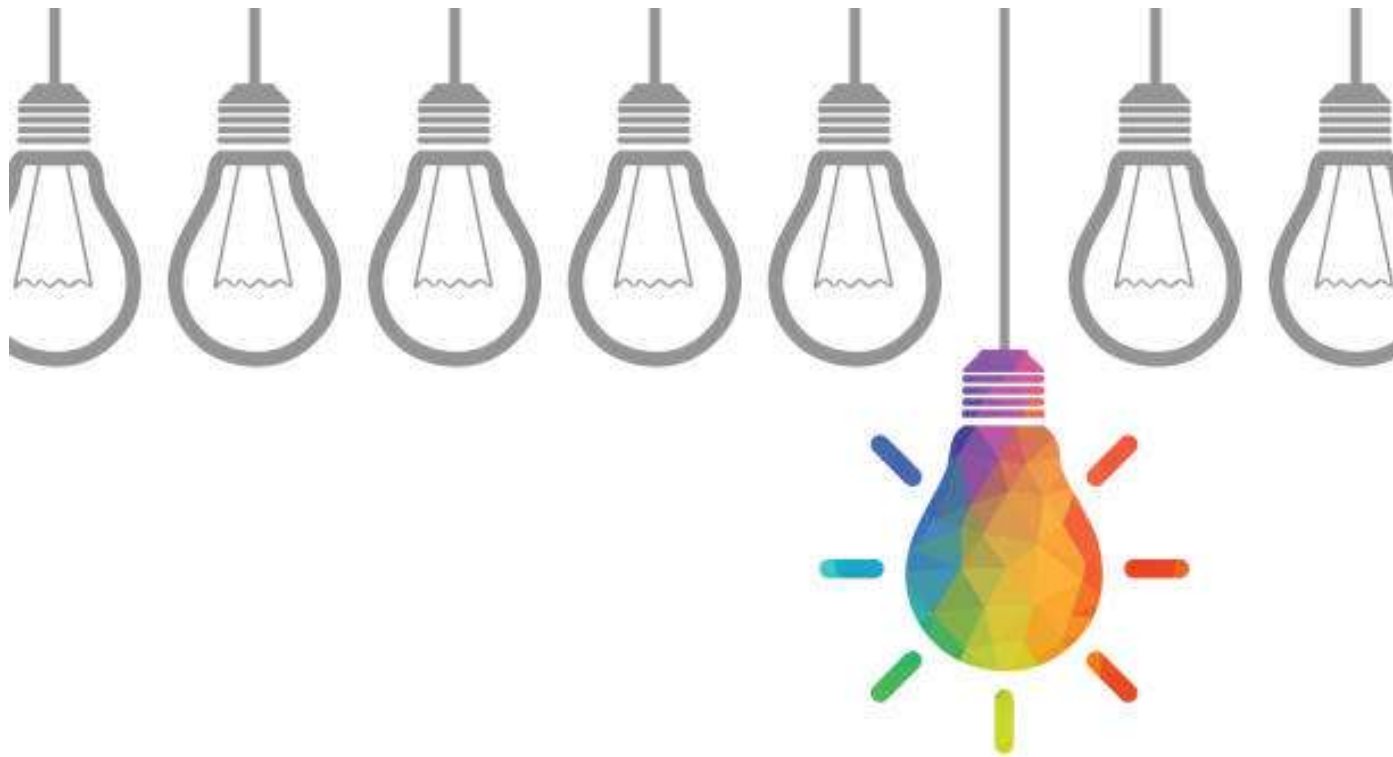
How it pertains  
to self & to  
others

What you  
want & what  
you don't want

What you say  
yes & what  
you say no to

---

# STRATEGIES FOR SUCCESSFUL BOUNDARIES



# 5 BOUNDARIES YOU NEED

## EMOTIONAL

boundaries around inappropriate topics, emotional dumping & dismissing emotions.  
"I'm not willing to discuss this."

## MATERIAL

boundaries around possessions, when they can be used, how to treat them.  
"You can borrow my \_\_\_ if you ask me first."

## TIME / ENERGY

boundaries around time, lateness, when to contact, favours.  
"Please text me if you're going to be late."

## MENTAL

freedom to have your own beliefs, values and opinions.  
"I respect your opinion, even though I don't agree, and I'd like you to respect mine."

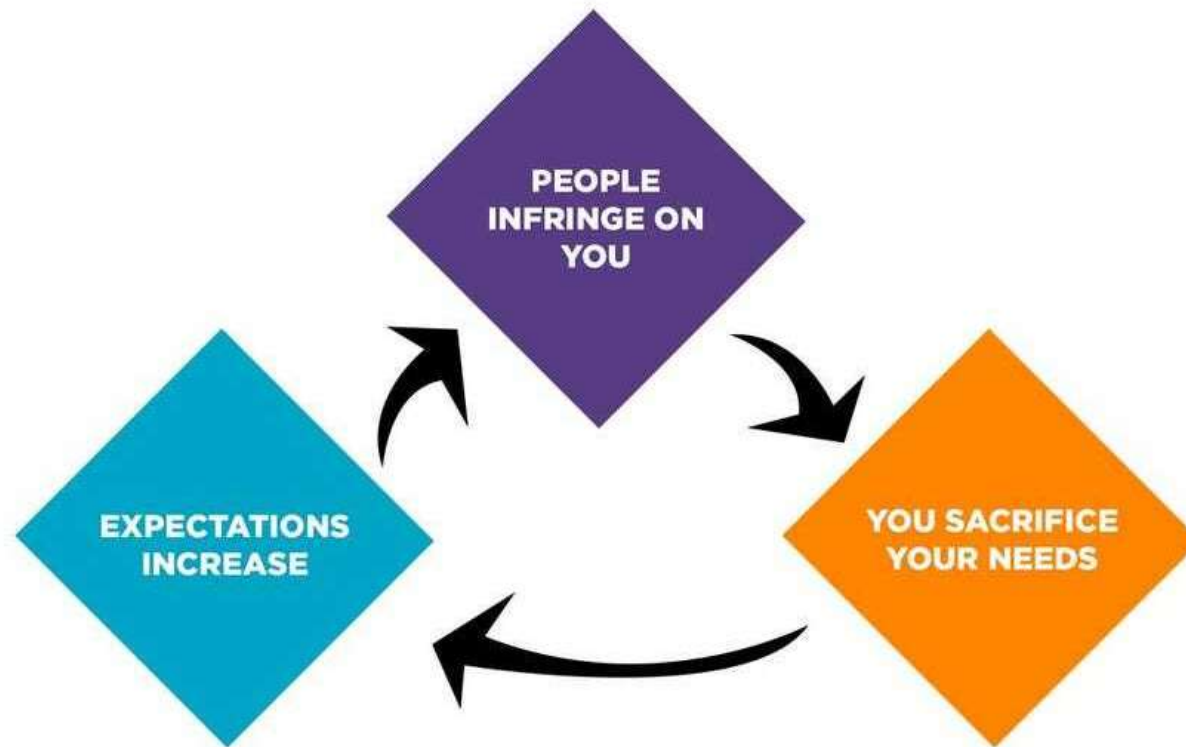
## PHYSICAL

proximity, touch, PDA, unwanted comments on your appearance or sexuality.  
"I don't appreciate comments like that."



---

## THE VICIOUS CYCLE OF UNHEALTHY WORK BOUNDARIES





New York  
Times  
Bestseller

# SET BOUNDARIES, FIND PEACE

*a guide to  
reclaiming yourself*

NEDRA GLOVER TAWWAB





The only people who get upset about you setting boundaries are the ones who were benefiting from you having none.

unknown

# TIPS ON SETTING HEALTHY BOUNDARIES AT WORK



- Boundary audit
- Communication reset
- Delegation celebration
- The art of pausing

# BOUNDARY-SETTING SENTENCES

---

"I CAN'T DO THAT, BUT I CAN HELP YOU FIND SOMEONE WHO CAN."

"I APPRECIATE THE GESTURE, BUT IN THE FUTURE, I'D PREFER..."

"I CAN'T TAKE ON ADDITIONAL RESPONSIBILITIES RIGHT NOW."

"I'M NOT COMFORTABLE DISCUSSING THIS TOPIC WITH YOU."

"I'M UNCOMFORTABLE WITH WHAT YOU JUST SAID / DID."

"THANKS FOR YOUR CONCERN, BUT I CAN HANDLE THIS."

"I CAN'T ATTEND, BUT I APPRECIATE THE INVITATION."

"I DON'T GIVE YOU PERMISSION TO DO [X] TO ME."

"I CAN'T DO [X], BUT I'M OPEN TO TRYING [Y]."

"I DON'T FEEL SAFE SO I'M GOING TO LEAVE."

"I WON'T BE SPOKEN TO IN THAT MANNER."

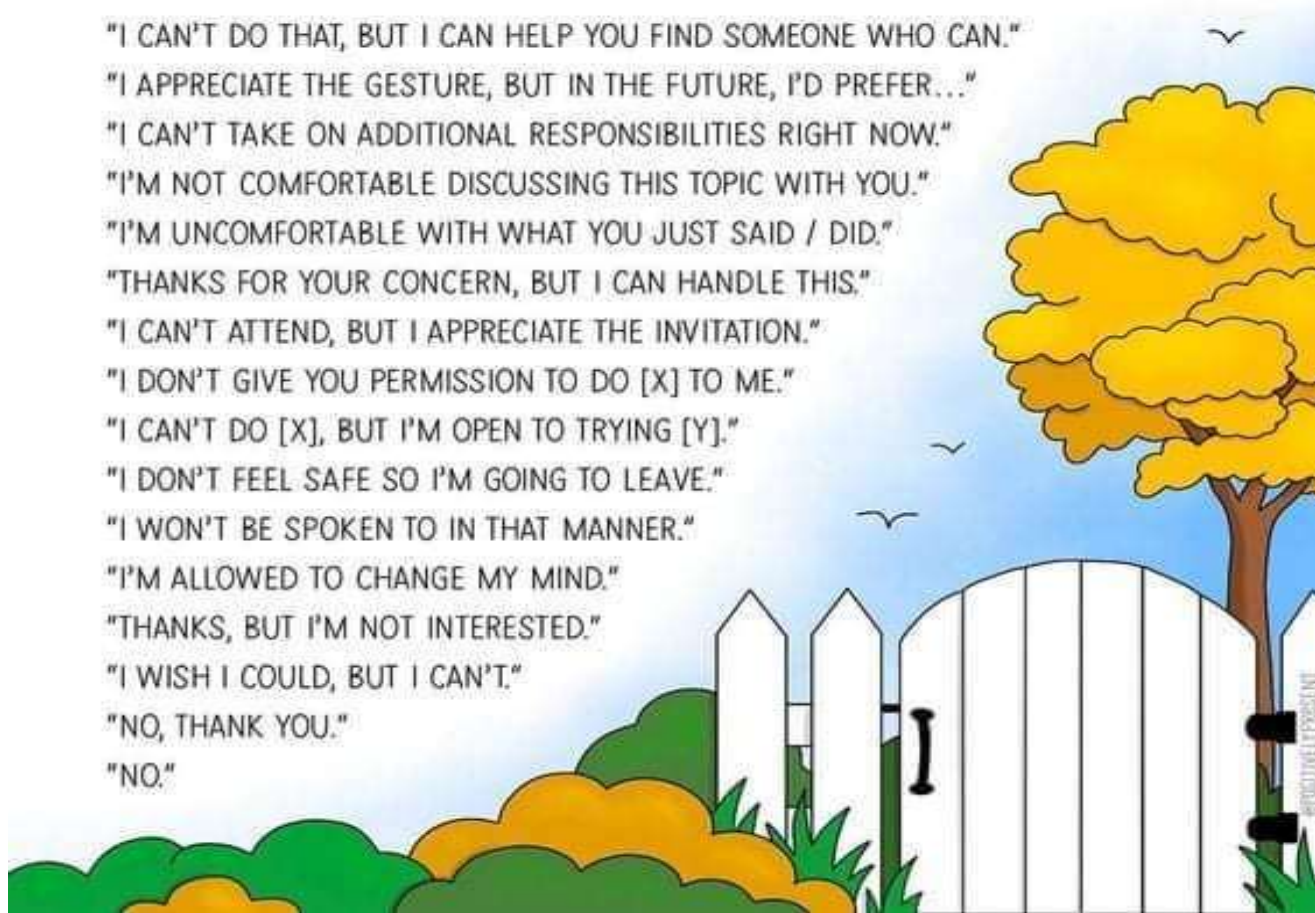
"I'M ALLOWED TO CHANGE MY MIND."

"THANKS, BUT I'M NOT INTERESTED."

"I WISH I COULD, BUT I CAN'T."

"NO, THANK YOU."

"NO."



**YOUR FEEDBACK  
IS WELCOMED**



<https://www.surveymonkey.com/r/RC8KNRD>

**SHERM CODE: Activity 22-4H7UT**



**Call:**

**1-800-627-8220**

**Visit:**

**[www.VillageEAP.com](http://www.VillageEAP.com)**