



Boundary Breakthrough Labs™

Workshops That Help Teams Work Better, Stress Less, and Stay Focused

TOPICS

TAKEAWAYS

Boundary Basics: What They Are, Why They Matter, and Where We Get It Wrong

- What healthy boundaries look like in a professional setting
- The myths and mistakes people make about boundaries at work
- How boundaries reduce drama, stress, and burnout

Burnout-Proof Boundaries: How to Protect Your Time, Energy, and Sanity

- Spot the early signs of burnout (before it's too late)
- Learn how to say no or push back professionally
- Set daily boundaries for email, meetings, and workload expectations

Communication Without Conflict: How to Set Boundaries Without Damaging Relationships

- Use the 5C's of Boundaried Communication™
- Practice neutral, direct scripts for common workplace boundary issues
- Handle pushback without getting defensive

Boundaries Build Culture: How Small Daily Habits Shape Big Team Results

- Identify how weak boundaries hurt workplace culture
- Learn small, daily habits that reinforce healthy team norms
- Foster psychological safety through healthy boundaries

Boundaries for Better Teamwork: How to Reduce Drama, Gossip, and Misunderstandings

- Spot the boundary issues fueling drama and gossip
- Learn boundary-setting scripts to address issues early
- Create shared agreements for conflict-free collaboration

Stay in Your Lane: Boundaries for Roles, Tasks, and Team Accountability

- Spot signs of role-blurring and scope creep
- Learn how to clarify who owns what
- Set boundaries for stepping in, helping out, or pushing back

Customize a learning experience based on what your team needs most – or mix and match individual workshops.

<i>Delivery Methods</i>	<ul style="list-style-type: none"> • Live - 60-minute to multi-day sessions/workshops. • Virtual - 60-minute to multi-day sessions/workshops.
<i>Optional Add-ons</i>	<ul style="list-style-type: none"> • Pre- and Post-Program Assessments • Video Follow-Ups • Books • Leadership Coaching

Let's build a boundary-smart workplace together.