Health and Wellness Lunch-and-Learn Series: Setting Boundaries: Saying "Yes" to Yourself Sometimes Means Saying "No" to Others

Are you struggling to take care of yourself in the workplace and/or in your personal life? Once you finally identify your priorities, how can you make sure you stick to them? Do you find yourself sacrificing what’s best for you to meet others’ needs or expectations? Are you stumped when it comes to communicating honestly and respectfully with others? How do you satisfy the requirements of your job, care for yourself and your health, help others, all while being part of a team?

This workshop will focus on how to identify, set, and maintain boundaries so you can do all of those things. Through interaction, role play, and discussion, you will learn what boundaries are, how to prioritize what’s best for you and others, how to set boundaries through effective and consistent communication, all while working to meet your personal, vocational, and relational needs. You will leave this workshop with stronger communication skills and a clearer idea of how to manage your needs in relation to others.