

WHAT IS A BOUNDARY?

A boundary is the space you provide between yourself and others -- physically, emotionally, and mentally.

WHY ARE HEALTHY BOUNDARIES IMPORTANT?

- They provide space for you physically, emotionally, and mentally.
- They set parameters for the coaching services that you will provide others.
- They provide for a clear sense of self.
- They define what you need from others.
- They provide parameters for what you will and will not do.
- They protect the coaching relationship between you and the coachee.

HEALTHY BOUNDARIES ALLOW YOU TO:

- Get clear on “who you are” and “what you need.”
- Provide self-respect.
- Provide accountability for your actions, without taking on the problems of others.
- Respond without guilt, fear, and/or anger.
- Promote healthy relationships with those you coach.
- Reduce stress and promote a greater sense of peace, joy, and confidence in relationships with others.

HOW DO YOU BUILD EFFECTIVE BOUNDARIES?

- To build effective boundaries, you must have clarity around what you need, want, like/dislike, and desire for yourself and your future.
- The best time to set boundaries is “proactively” before a boundary has been violated versus “reactively” after your boundary has already been violated.
- Reactive boundary setting can cause a number of issues within a relationship, as expectations will need to be re-established or re-negotiated.

WHEN YOU ARE BUILDING YOUR BOUNDARIES, CONSIDER THE FOLLOWING:

- Be honest with what you want and don't want.
- Determine how you will communicate your boundaries.
- Be willing to address and enforce “boundary breaking” with others.

HOW DO YOU SET BOUNDARIES AS A COACH?

- Discuss boundaries during the initial meeting.
- Include boundaries in your written coaching agreement.
- Spell out expectations in your welcome letter.
- Address boundaries during the coaching process.

WHAT DO YOU DO WHEN BOUNDARIES ARE BROKEN?

- **Lead by Example.** Have boundaries and use them! Think about those you know who are successful at setting, communicating, and enforcing boundaries. Consider how they interact with others and stay true to their boundaries. If you want others to respect your boundaries, make sure you clearly communicate them and don't let others infringe on them. Lastly, respect others' boundaries as you want them to respect your boundaries.
- **Know your Needs.** Know what you need and desire to be successful. Consider your relationships and your life -- what do you need in order to be successful? Ask yourself what boundaries you need to put in place to support your success. Communicate those boundaries to those with whom you interact.
- **Set boundaries “proactively.”** Don't put your relationships in jeopardy because you didn't do your homework.

