



Creating Effective Boundaries and Implementing Self-Care

Training Objectives:

- Recognizing boundaries - including types, benefits, and how to create effective ones
- Learn how to set boundaries with difficult people and why it's important
- Understand the risks of having weak or no boundaries
- Self-care - types, benefits, and putting it into action

Target Audience:

This training is geared towards anyone that needs guidance, tips, and support on setting boundaries and promoting self-care.

Duration:

1-1.5 hours. This training is customizable to meet the specific needs of the audience.

Location:

This training is available by request at your facility or virtually.