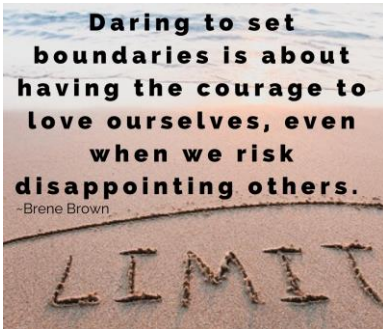


Living BIG! Boundaries, Integrity and Generosity

A DARING WAY™ workshop based on the research of Dr. Brené Brown



When it comes to boundary-setting, do you find yourself thinking...

- "I know healthier boundaries will improve my relationships, but I have no idea where to begin."
- "If I were to really set boundaries, I'm afraid they may get upset and I'll lose them in my life."
- "I tried to set my boundaries, but nothing changed!"

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others. We can't base our own worthiness on others' approval. Only when we deeply believe we are enough, can we say "Enough!" Setting boundaries is a key skill in building and maintaining authentic relationships. A lack of boundary-setting in a relationship, be it personal or professional, inevitably leads to disappointment, resentment, judgement and assumptions, a breakdown in communication, and most importantly, a loss of trust.

We teach people how to treat us! Boundary-setting is how we keep our self-respect and dignity intact. Most of us think of boundaries as something we set with others. But what about the boundaries we don't set with ourselves, or the ones we keep stepping over time and time again with ourselves?

In this **5-hour workshop**, we will explore what boundary-setting looks like so you can begin working from a place of integrity while extending the most generous interpretations of the intentions, words, and actions of others. We will also look at some of the main barriers that get in the way of boundary-setting, both with ourselves and with others. **In addition, you will receive a 60-minute, one-on-one coaching session with Anita to unearth your personal boundary hurdle/s.**

You will be invited to contemplate and prepare to work through a situation where boundary-setting is a challenge. Together, we will explore the 3 key steps involved in setting boundaries, and also learn the language of boundary-setting (YES, there is one!). You will leave this workshop feeling empowered to take better care of yourself, while keeping your connections and relationships intact.

Tuesdays, June 18 & 25, 2024 - plus 60-minute private session

3:30 PM – 6:00 PM

Virtual Zoom Platform

Cost: \$575 CAD +GST



(payable by PayPal, cheque or e-transfer; includes all materials)

Seats limited to a small group size of 10 participants maximum.

For questions or to register, please email Anita at anita@anita-anand.com



About Anita: Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker, a Certified Daring Way™ Facilitator and a Certified Dare To Lead™ Facilitator for Dr. Brené Brown's work.

