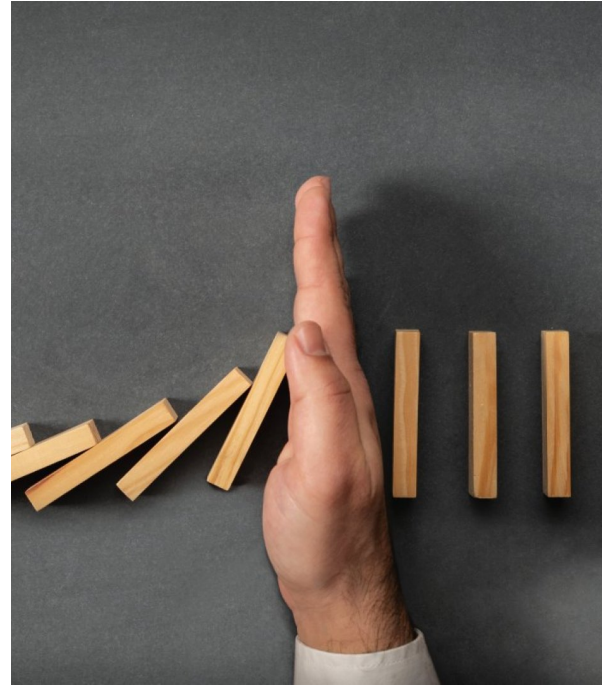


The Big B



Boundary setting helps you prioritise your needs over other people's wants ~ Lauren Kenson

The word 'Boundaries' is being used fast and loose these days with everyone talking about how important it is to set and maintain boundaries for taking care of yourself! But as working professionals we truly appreciate the challenges we face in clearly communicating our boundaries to people around us. It's really difficult to set and maintain boundaries when people around you don't seem to understand the importance of the limits you define. This creates confusion and frustration especially when both work and personal life dimensions intersect. Use the techniques learned in the fun workshop to manage your relationships stress free!

- ❖ Boundaries and their meaning
- ❖ Reflecting on our priorities: Activity based
- ❖ Defining my limits and establishing them
- ❖ Reinforcing my boundaries guilt free

Format: Online/ Offline

Participants: Not more than 50

Duration: 1.5/3/6 hours

Requirements: Participants should have

- Videos On
- Audio on Mute

For details:

admin@catalyststhane.com

+91-7304254949

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