



LINE IN THE SAND TRAINING

"Drawing a line in the sand is a challenge to others to cross it." -Anon

This course will help you establish healthy boundaries at work and in your personal life. You'll learn the various types of boundaries, how to create them, and the importance of respecting boundaries. We'll explore the benefits of setting boundaries, including improved communication and more successful relationships. We'll also discuss some of the challenges people face when creating boundaries and offer tips on how to stay motivated in establishing them. Lastly, we'll talk about how to maintain boundaries as situations and people change. Through this course, you will gain the knowledge, skills, and confidence to effectively create and honour boundaries.

Key Course Content:

- bid farewell to past resentments
- accept that the workplace is imperfect (no matter how hard you try)
- build support with colleagues
- deal with difficult people
- review email protocols
- conduct an Appreciative Inquiry to capture the ideal workflow
- discuss Seligman's finding on being optimistic
- recognise the signs of workplace conflict and nip it in the bud
- analyse the #1 cause of workplace conflict
- revisit your team charter and bring it up to date
- reframe how you perceive negative events



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.