

WORKSHOP

SETTING HEALTHY BOUNDARIES AT WORK

THURSDAY, NOVEMBER 4, 2021, 12:00 P.M. - 1:00 P.M. VIA ZOOM



Striving for a healthy balance between the demands on your life in and out of the office means setting clear boundaries, and that usually requires assertive behavior.

Some people find it difficult to say no, especially in the workplace. They may find it hard to ask for what they want, or they may never have learned how to express their preferences, needs, opinions and feelings tactfully or effectively.

However, learning how to be assertive and establish boundaries in all areas of your life is key to establishing a healthy balance and overall wellness.

This workshop will offer tips to practice assertive communication skills in lots of different situations and teach skills that will help you become more comfortable to set boundaries and achieve balance.

DETAILS:

Date: Thursday, Nov. 4, 2021

Time: 12:00 p.m. - 1:00 p.m.

Where: This workshop will be held virtually via Zoom.

Eligibility: This workshop is open to adults (16+).

Fee: There is no fee to participate

To Register:

**Contact: Tracy Hiltz,
At Work Employment Support
Worker/Job Developer
at tracy.hiltz@novascotia.cmha.ca**