



Create the Conditions

Module 6:

Holding Boundaries.

Theme: Understanding, setting, and maintaining healthy boundaries to foster well-being and effective work with young people.

01

(1 min)

Introduction and Learning Objectives

Boundaries are essential for maintaining personal well-being and professional effectiveness. They help prevent burnout, ensure respectful interactions, and create clear expectations in relationships. Many individuals struggle with setting boundaries due to fears of conflict, rejection, or feelings of guilt. For those of us working with young people, modelling healthy boundaries demonstrates to them the importance of self-respect and mutual respect.

By the end of this module, you will:

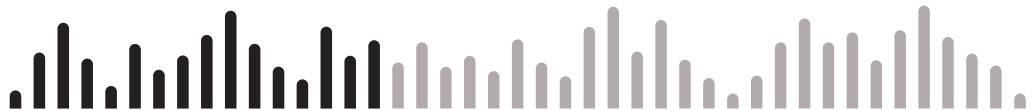
- 1. Understand** what healthy boundaries are and why they are crucial in both personal and professional contexts.
- 2. Identify** areas in your life where boundaries are lacking or could be strengthened.
- 3. Learn** practical strategies to set and communicate boundaries effectively.
- 4. Develop** skills to maintain and enforce boundaries with empathy and firmness.

02

(5 min)

Guided Visualisation

This visualisation will help you imagine and establish a protective boundary that safeguards your energy and well-being. As you engage with this exercise, consider how this boundary can serve you in various aspects of your life.



03

(20 min)

Reflective Journaling & Self-Inquiry

Continuing on from the visualisation, take 20 minutes to journal your thoughts. There are no right or wrong answers, this is your personal reflection space to engage with the prompts as deeply as you are able.

Journal Prompts:

Reflect on a time when you felt your boundaries were violated.

- a. How did it make you feel?
- b. What signs indicated that your boundary was crossed?

Consider a situation where you successfully set a boundary.

- a. What steps did you take?
- b. How did others respond?
- c. How did upholding this boundary benefit you?

Identify areas in your life where boundaries are currently weak or nonexistent.

- a. What fears or beliefs prevent you from setting boundaries in these areas?

Envision the positive outcomes of establishing stronger boundaries.

- a. How would your personal and professional life improve?
- b. How might this impact your relationships with young people you work with? benefit you?

Trauma-Informed Reminder

Setting boundaries is a courageous act of self-care.
It's okay to start small and gradually build
stronger limits that honour your needs and values.

04

(15 min)

Interactive Activity: Boundary Setting Role-Play

This activity provides an opportunity to practice setting and communicating boundaries in a safe environment with yourself.

Instructions:

- Use a mirror or record yourself. Observe your tone, your body language and be mindful of your breathing.
- Write down a scenario relevant to your work or personal life where a boundary is needed. For example — a colleague asking for extra help when you're already overwhelmed.
- Role-play the conversation, focusing on:
 - a.** Clearly stating your boundary. Eg: "I appreciate that you trust me to help, but I need to be honest—I'm at full capacity right now and can't take on any extra work."
 - b.** Using "I" statements to express your feelings and needs. Eg: "I'm feeling really stretched with my current workload, and I need to make sure I can meet my existing commitments before taking on anything new. I don't want to over promise and then not deliver."
 - c.** Maintaining a calm and assertive tone. Keep your tone steady, neutral, and kind; acknowledge their request without feeling the need to over-explain or justify too much.
 - d.** Anticipating and managing potential reactions from the other person. Practice responding to as many different scenarios as you can think of. Eg: If they push back and say, "It won't take long, I really need your help." then you can respond calmly: "I understand that this is important to you, and I'd love to help if I could, but I simply don't have the capacity right now. If it's urgent, perhaps we can find someone else who might be available?"

Reflection Questions After the Activity:

- How did it feel to articulate your boundary?
- What challenges (if any) arise for you during the role-play?
- How did the other person's reaction (imagined) affect your response?
- What strategies helped you maintain your boundary without feeling guilty or aggressive?

05

(10 min)

Personal Reflection

Take time to reflect (or write if you prefer) on the following:

- In what ways can clear boundaries enhance our effectiveness in working with young people?
- What internal beliefs make setting boundaries challenging for me?
- How can I reframe these beliefs to support healthier boundary-setting?
- What is one boundary I can set this week to protect my well-being?

06

(5 min)

Closing Takeaway & Action Step

Key Insight:

Healthy boundaries are not barriers to connection but bridges to respectful and fulfilling relationships. They empower us to give and receive authentically.

Actions for the week ahead:

Identify one area in your personal or professional life where a new boundary could enhance your well-being. Plan and implement this boundary using the strategies discussed, and observe the impact it has on your interactions and stress levels.



Thank you

Thank you for taking this important step in exploring your relationship with boundaries. Boundaries are not walls, they are an act of self-respect, a way of ensuring that we can give to others without losing ourselves in the process. The ability to hold space for young people while also protecting your own well-being is a skill that will not only sustain your work but will also set a powerful example for those you support. When you honour your own boundaries, you model to young people that their well-being matters too.

Your presence in this work is invaluable, and by ensuring that you take care of yourself, you are ensuring that you can continue making a meaningful impact. Thank you for showing up, not just for others, but for yourself.