

Keeping Boundaries

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Having and keeping boundaries is an important form of respect and necessary in healthy, fulfilling work and personal relationships.

- Give yourself permission to set and keep personal boundaries
- Be aware and respect other people's boundaries
- Be mindful of your audience and stay respectful
- Don't feel guilty for saying 'No' to unreasonable expectations
- Be assertive and stay true to yourself
- Voice your concerns constructively if you feel taken advantage of or not appreciated

Remember you can call Validium for support on a variety of issues -
or go online at validium.com to check out vClub



0800 3 58 48 58

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For online support join vClub at validium.com

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