

# Leaders - Boundaries, Control, and Self-Care



## Purpose

To help leaders develop healthier professional boundaries, maintain an appropriate sense of control in complex environments, and practice sustainable self-care strategies—enabling them to lead effectively, protect their own well-being, and model balance and psychological safety for their teams.

## Training Objectives

### Strengthen Self-Awareness and Boundary Clarity

Leaders will develop a deeper understanding of their personal and professional boundaries—recognizing when they are overextended, overcontrolling, or emotionally depleted—and learn how to reset those boundaries to sustain effectiveness and well-being.

### Enhance Emotional Regulation in Leadership

Leaders will learn practical, evidence-based techniques to maintain composure, perspective, and healthy control under pressure. These techniques will help reduce reactivity, decision fatigue, and burnout in leaders while promoting psychological safety and stability in their teams.

### Build Sustainable Self-Care and Resilience Practices

Leaders will design realistic, ongoing self-care and resilience strategies that preserve energy, model healthy behaviour for employees, and foster a balanced, high-performing leadership culture.

## Why Invest in this Training for Your Team?



### Reduce Burnout and Leadership Turnover

Chronic stress and blurred boundaries are major contributors to leader exhaustion and attrition. Strengthening self-care and control skills lowers burnout rates and the costly cycle of turnover and recruitment.



### Improve Decision Quality and Performance Stability

Leaders who regulate their emotions and manage workload boundaries think more clearly, make better decisions, and maintain consistent team performance which directly helps improve productivity and operational outcomes.



### Reduce Organizational Risk and Costly Incidents

Effective boundary management decreases errors linked to fatigue, conflict, or emotional reactivity, protecting the organization from performance losses, safety incidents, and potential HR or legal issues.



### Strengthen Employee Engagement and Retention

When leaders model balance and psychological safety, employees mirror those behaviours. This increases engagement, lowers absenteeism, and builds a culture of trust and accountability.

# Training Options

## 1-Hour Workshop — Awareness and Immediate Practices

Leaders will gain an understanding of how boundaries, control, and self-care interact in leadership, and will gain simple, practical strategies they can apply immediately to reduce stress and enhance effectiveness.

### Learning Objectives:

- Understand the connection between boundaries, control, and self-care in leadership effectiveness.
- Recognize personal signs of boundary strain, overcontrol, and fatigue.
- Apply simple techniques to restore balance and maintain composure under pressure.

## 3-Hour Workshop — Deepening Awareness and Applied Skills

Leaders will gain a deep understanding of boundary setting and self-regulation in leadership roles, strengthen coping and communication skills, and create actionable plans for sustainable self-care and balanced leadership.

### Learning Objectives & Key Features:

- Identify personal boundary challenges and overcontrol patterns in leadership.
- Apply practical communication and delegation strategies to preserve focus and well-being.
- Develop an individualized self-care plan that aligns with leadership demands and personal values.

## 6-7-Hour Workshop — Comprehensive Leadership Integration

To provide an immersive, experiential learning day where leaders master advanced boundary management, emotional regulation, and sustainable self-care strategies, and integrate them into their leadership style and team culture.

### Learning Objectives & Key Features:

- Analyze how their leadership habits, personality traits, and organizational pressures affect boundary management and well-being.
- Apply advanced self-awareness, communication, and regulation techniques to sustain control and calm under stress.
- Design a personalized leadership self-care and resilience plan that supports long-term effectiveness and models healthy work culture.
- Coach their teams toward balanced, accountable, and psychologically safe behaviour.

## Summary Table

Duration	Focus	Activities	Depth
<b>1-Hour</b>	Awareness and quick techniques for balance.	Brief reflection and micro-practice.	Introduction to key principles.
<b>3-Hour</b>	Skill-building and personal strategy development.	Scenario analysis, role-plays, and self-care planning.	Moderate exploration of control dynamics and communication.
<b>6-7 Hour</b>	Full integration into leadership style and team culture.	Multi-scenario simulations, feedback practice, and team charter design.	Advanced integration of boundary leadership, emotional regulation, and resilience.