



Course Welcome

A "Rebrand" for Empowerment

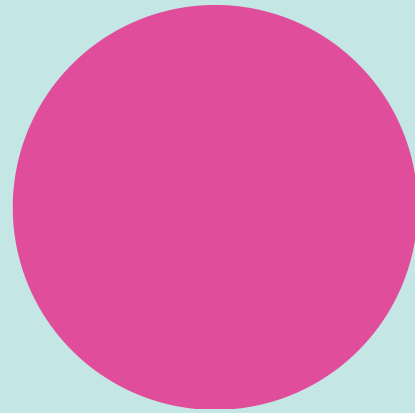


About Me

- Licensed Clinical Social Worker, coach, consultant, and reiki master
- Evidence-based, spiritual, and empowered approach
- Systems lens

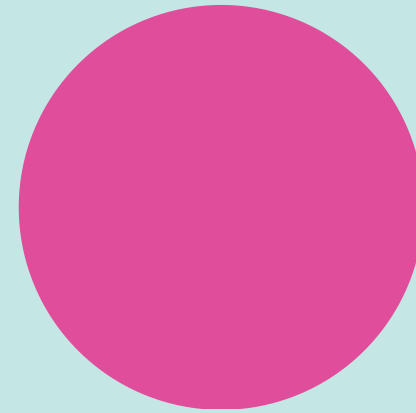


Why Boundaries?



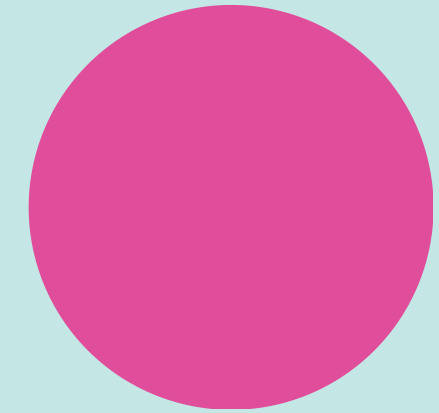
Powerful Effects

A strong boundaries practice results in life-changing outcomes across the board.



Empowering Women

Connecting to intuition helps us to empower ourselves and strengthen the collective.



Broader Impact

What could be more powerful than a population of empowered, sensitive women?

About You



Sensitive

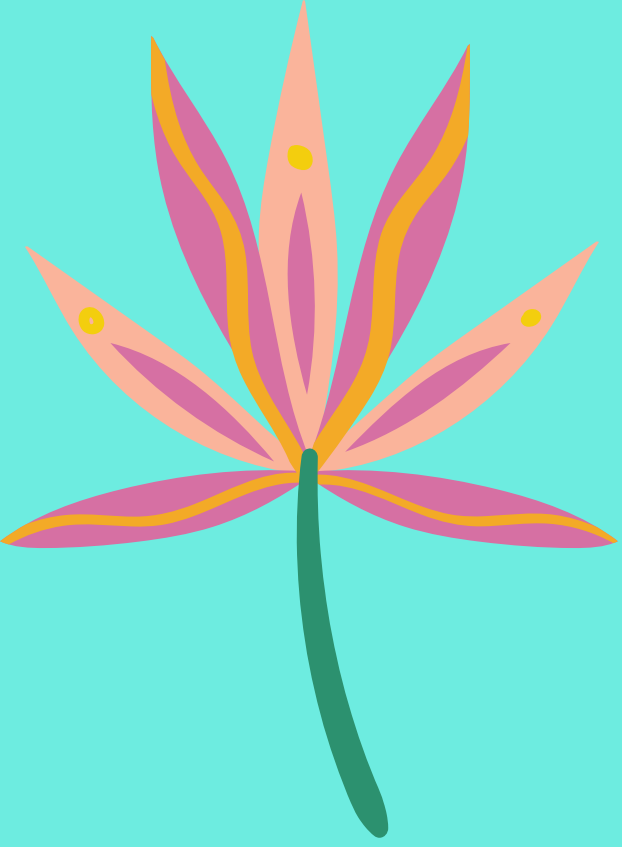
Intuitive

Giving

Caring

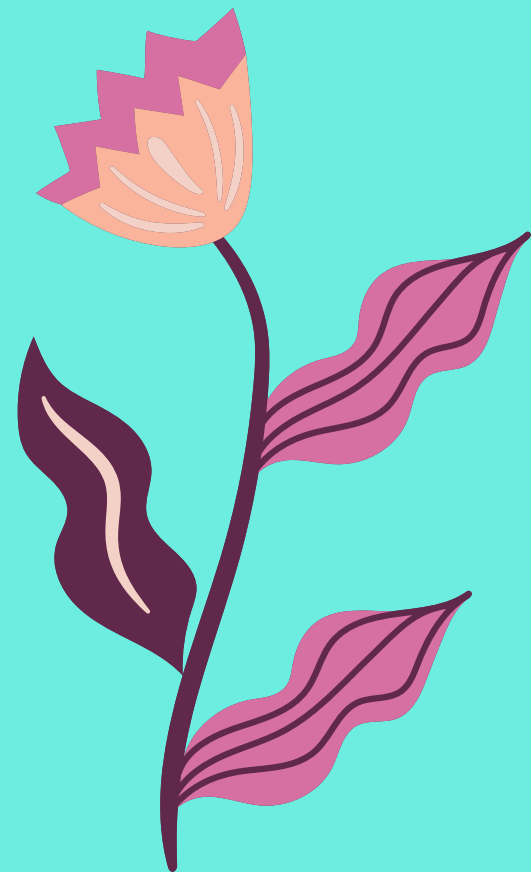
Empathetic

**Compassionate
& Loving**

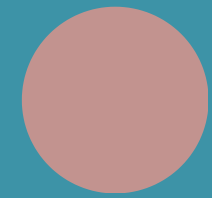


My Boundaries Philosophy

**Anything that you do to be a happier,
healthier, more complete version of yourself
adds positive energy to the collective.**

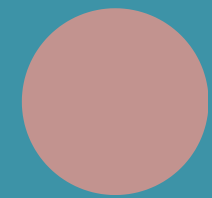


Boundaries & Intuition



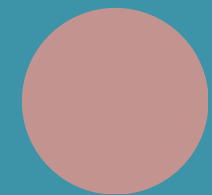
Trust

Our intuition is our steadfast guide. We can fundamentally trust ourselves.



Guidance

Intuition directs us in our boundary setting practice.



Love

Leading with intuition tunes us into Universal love.

Women and Boundaries



Martyrdom

Caring-taking roles

Expectations to "do it all"

Name calling

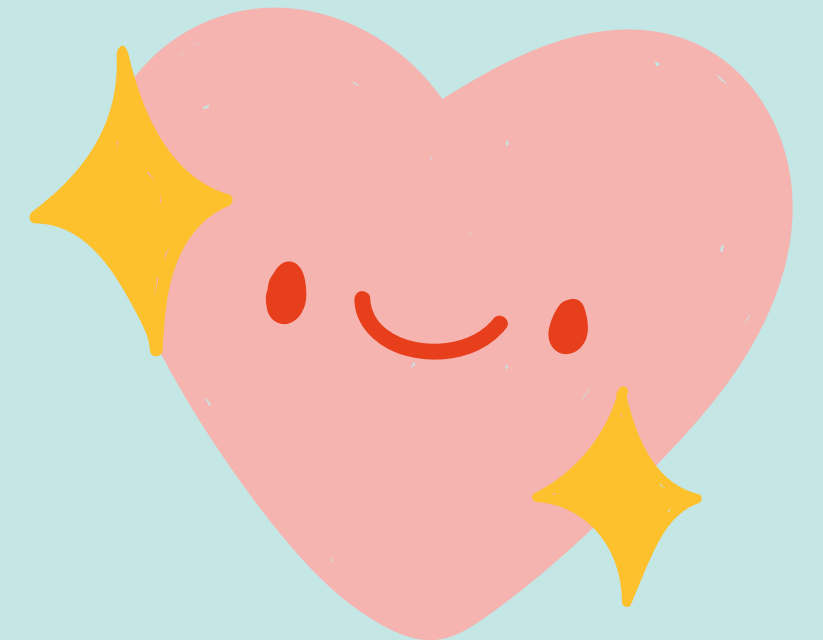
Guilt

Passive-aggression

Criticism

Boundaries & Social Justice

- We are living in transformational times.
- What we do for ourselves, we contribute to the collective.
- Our energy has an impact.





Review

What you learned today.

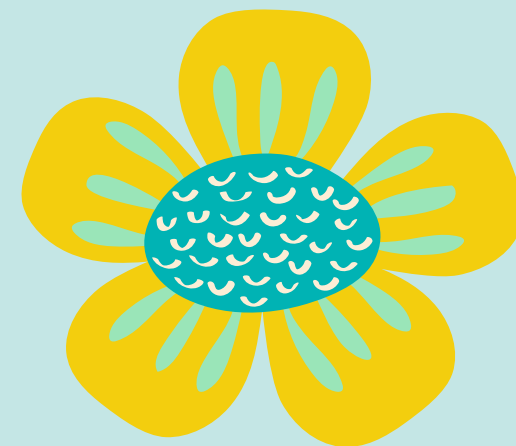
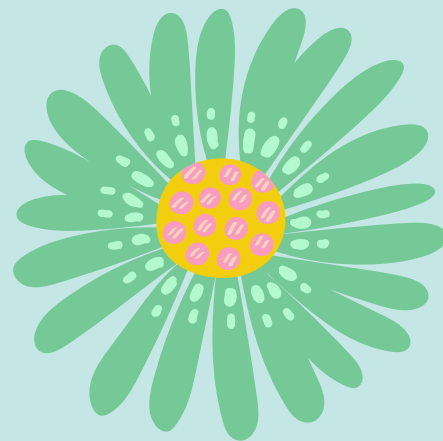
- **Why are boundaries so important?**
- **My boundaries philosophy**
- **Boundaries and intuition**
- **Boundaries in context**

What's Next?

**Time &
Energy
Assessment**

Journal

**Set your
intention**



Time & Energy Assessment

- Importance/Urgency Matrix
- Values vs. Energy and Time



Boundaries Hub Activities

Journal Prompts

- What is my intention in taking this course?
- What do I hope to contribute to the world through my boundaries practice?

Recommended Blogs

- Threefold Trust
- Bodyfulness





Thank you!