

Focus Fridays Training Series

Virtual training opportunity for the helping professional to reset, reflect, draw awareness and grow in your role as a compassionate provider.

Register individually for \$10 per session

Boundary Setting: What they are and how to set them

October 28, 2022, 8:30am -10:30am

Virtual Learning via Zoom

2.0 Continuing Education Hours

Trainer: Kyira Wackett, MS, LPC

Course Description:

In this month's Focus Friday, we will be covering all things boundary setting. We will explore what boundaries are, why they are important and what makes them difficult not only to set but to reinforce. This session will explore both how to set and enforce your own boundaries and also considerations for responding to the boundaries of others. We will spend time specifically thinking about the impact of shame and burnout on being able to establish boundaries and each of you will put together a boundary strategy with a person or problem you are facing and walk through in small groups what support and skills you need not only to set it but to reinforce it.

Learning Objectives:

- Identify at least 3 different types of boundaries
- Differentiate between healthy and unhealthy boundaries
- Clarify the specific reasons that boundaries have been difficult to set and maintain in different roles of your life — both personal and professional
- Learn at least 3 tips and skills for defining, setting and upholding your boundaries

About your Trainer:



Kyira Wackett is an artist, public speaker and community advocate. She holds a Master's Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America's Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.

