


Creating Desirable Healthy Behaviours


Your Personal and Professional Strategic Coaching Program

OBJECTIVES:


OBJECTIVE - 1

 Learn what are healthy behaviours and why they are important


OBJECTIVE - 2

 Learn how to establish healthy behaviours in a wide variety of situations

OBJECTIVE - 3

 Learn how to create and set healthy boundaries

OBJECTIVE - 4

 Master the art of healthy behaviours and boundaries to achieve better and sustainable success





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Credit Hour and Commitment

This course is broken down into 6 modules and consists of slides, exercises and quizzes; therefore, it is projected that you will spend approximately 12 hours total on this course. This course has 6 modules of continuous lessons and roughly a 2-hour commitment per module.



How to Succeed in this Course

We recommend you taking this course in a quiet place with no distractions. Be in a comfortable position so that you can fully take part in the guided notes.

Course Methods and Delivery

Methods of instruction include slide lesson/module, with the accompanying exercises and quizzes. Regular participation in the course is essential to guaranteed success.

Methods of Instruction

You will have access to online lessons, materials and resources. This course is self-paced

Your Schedule

Set aside 60 minutes for each Module.

If you work with another person on this course, ensure you are accountable to one another to complete the exercises, enjoy the quizzes and develop your desired behaviours.

Be sure to enjoy the process, your process.

Other Information

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Module-1

PHYSICAL BOUNDARIES

- WHAT ARE PHYSICAL BOUNDARIES
- HEALTHY PHYSICAL BOUNDARIES
- WHY IS IT IMPORTANT TO SET BOUNDARIES
- WHAT ARE THE BENEFITS OF HEALTHY BOUNDARIES
- HOW CAN WE START SETTING BOUNDARIES
- MISCONCEPTIONS ABOUT BOUNDARIES
- EXERCISE QUIZ

Module-2

EMOTIONAL BOUNDARIES

- WHAT ARE EMOTIONAL BOUNDARIES?
- SETTING EMOTIONAL BOUNDARIES
- BOUNDARIES PROVIDES PROTECTION
- HOW TO IDENTIFY VIOLATION?
- UNHEALTHY BOUNDARIES
- BEGINNING OF BOUNDARIES
- HEALTHY BOUNDARIES AND ITS BENEFITS
- TIPS TO SET BOUNDARIES
- EXERCISE
- QUIZ

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Module-3

TIME BOUNDARIES

- WHAT IS TIME BOUNDARIES
- HOW TO SET TIME BOUNDARIES
- MAKING A LIST OF YOUR NEEDS
- HOW TO PRIORITIZE YOUR TIME
- WHY IS IT IMPORTANT TO SET BOUNDARIES?
- MISCONCEPTION ABOUT BOUNDARIES
- EXERCISE
- QUIZ

Module-4

SEXUAL BOUNDARIES

- WHAT ARE SEXUAL BOUNDARIES?
- FACTORS AFFECTING BOUNDARIES
- TYPES OF SEXUAL BOUNDARIES
- SETTING AND RE-SETTING BOUNDARIES
- EXERCISE
- QUIZ

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Module-5

INTELLECTUAL BOUNDARIES

- WHAT ARE INTELLECTUAL BOUNDARIES
- HOW TO SET INTELLECTUAL BOUNDARIES
- HOW TO RESPECT OTHERS PEOPLE BOUNDARIES
- IMPORTANCE OF BOUNDARIES
- MISCONCEPTION ABOUT BOUNDARIES
- EXERCISE
- QUIZ

Module-6

MATERIAL BOUNDARIES

- WHAT ARE MATERIAL BOUNDARIES
- PUBLIC MATERIAL BOUNDARIES
- SETTING MATERIAL BOUNDARIES
- MATERIAL BOUNDARIES AT WORK PLACE
- MATERIAL BOUNDARIES WITH FRIENDS AND FAMILIES
- MATERIAL BOUNDARIES IN RELATIONSHIPS
- EXERCISE
- QUIZ



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JOIN THE COURSE



ARE YOU NOW READY TO ESTABLISH YOUR
HEALTHY BOUNDARIES THAT WILL SUPPORT YOUR
RELATIONSHIPS, YOUR LIFE, YOUR WORLD?

Enroll now

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