



Breathing Space Psychotherapy*

Resources from Meg Tobin's Webinar: Women and Boundaries March 10, 2022

On Values:

7 Ways to Discover and Clarify your Personal Values

<https://nickwignall.com/know-your-values/>

List of Values

<https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>

Operationalizing your Values: A Reference List of Behaviors

<https://brenebrown.com/resources/operationalizing-your-values-reference-list-of-behaviors/>

On Boundaries:

8 Ways to Create Healthy Boundaries at Work

<https://www.careercontessa.com/advice/healthy-boundaries-at-work/>

8 Steps to Setting Boundaries

<https://life-insight.com/setting-boundaries/>

4 Signs of Unhealthy Boundaries

<https://nickwignall.com/4-signs-of-unhealthy-boundaries/>

Healthy Boundaries: The Why and How of Setting Them

<https://positivepsychologyprogram.com/great-self-care-setting-healthy-boundaries/>

How Successful People Set Boundaries at Work

<https://www.inc.com/dana-gionta-dan-guerra/how-to-manage-boundaries-at-work.html>

Creating Safe and Healthy Boundaries

<http://www.thrivingnow.com/creating-safe-and-healthy-boundaries/>

5 Steps to Creating Productive Work Boundaries - Snow Academy

<https://www.shanesnow.com/teamwork/boundaries>

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Books:

[Dare to Lead - Brene Brown](#)

[Boundaries for Leaders, Dr. Henry Cloud](#)