

We are pleased to introduce the sixteenth issue of intoaction's *Exploring New Pathways*. The concept behind this newsletter is an invitation for you to explore new ways of thinking, new perspectives, and new behaviors, so as to increase your personal effectiveness. The themes we have selected are commonly addressed topics in coaching. We have chosen them carefully and are eager to share them with you, in the hopes you will find them both thought-provoking and valuable.

Warmly,

Céline Brillet

into  action

Exploring New Pathways

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Has the time come for you to make some big personal and/or professional changes? Do you have a tough decision coming up? Do you feel you are stagnating? Are you facing a big challenge? Are you wanting to give even more meaning to what you do?

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"Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary-line and adding to one's liberty." - *Henri Frederic Amiel* **How strong are your boundaries?**

Set boundaries

If you have ever worked with a coach, you have undoubtedly heard the expression: "setting boundaries." The fundamental idea behind this principle is to be respected, to remain in integrity with who you are, to protect yourself, and to do what you really want.

Typically, what prevents people from setting boundaries, is the fear of not being liked, seeming too direct, not being perceived as a team player, appearing selfish, or wanting to be seen as flexible, open-minded and easygoing. Setting boundaries actually commands respect. It states to others what is acceptable and not acceptable to you. Setting boundaries helps us address potential and existing conflict, but more importantly, it enables us to set standards for the future.

If you do not set boundaries, people will continue to act and treat you in a way which is unacceptable to you. By not saying anything, you have given others permission to continue

behaving in this manner. If you do not address the fact that one of your boundaries has been crossed, feelings of anger, frustration, and resentment will ensue. In addition, not setting boundaries will result in a loss of energy and enthusiasm towards a situation or individual, combined with the sentiment of being taken advantage of. Typically, when you do not set boundaries, language such as "I have to, or I should" become very prominent. You will feel that you have lost a certain control over your life. Eventually, everything will seem like a chore or a burden, with little breathing space for yourself.

How often do you set boundaries? What is the cost of not setting boundaries? What is the hardest thing about setting boundaries? Who do you need to become to set boundaries?

My invitation is:

- Set **STRONG** boundaries. The ones that are the most challenging to set, are probably the ones that are most needed.
- Find a way to make yourself accountable for these boundaries.
- Inform your environment, immediately, when they are crossing a boundary.
- Request that they start respecting that boundary.
- Notice and appreciate how much time, space... you have freed up by establishing strong boundaries.

To find out how intoaction can help you make this topic part of your organization's culture, please contact us directly at info@intoaction.eu

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Top 8 reasons to partner up with a coach

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

intoaction helps Executives and Entrepreneurs achieve their desired results through individual and team coaching, as well as through workshops devoted to developing leadership skills, managing change successfully, and enhancing team effectiveness. <http://www.intoaction.eu/>



Céline Brillet, ACC

Founder of intoaction

Coach for Executives and Entrepreneurs