

NOTE: This handout is a companion to the IATF video instruction series entitled "The 7 Qualities of the Leaders As Coach".

The 10 Steps To Having Extensive Boundaries

Introduction to Boundaries

Strong leaders have strong boundaries. Weak leaders have weak boundaries.

Boundaries are about what others cannot do to you or around you. Boundaries are an imaginary line of protection that you draw around you. Boundaries are about other's actions. If it has to do with YOU, it's called a Standard, which is another lesson in the IATF Leader As Coach Fast Track Program.

Benefits of Healthy Boundaries

- Fear diminishes significantly.
- Trust is rarely an issue.
- People will have greater respect for you.
- You'll grow faster and with greater ease.

Recommendations

Strengthening your boundaries is not easy work. It usually requires the help and guidance of a trained leadership coach. To go further faster, we advise working through this in the community of other individuals who are committed to the path of the Leader As Coach.

The 10 Steps To Having Extensive Boundaries

- "Get" that you need to dramatically extend your boundaries
- Be willing to educate others on how to respect your new boundaries.
- Be relentless, yet not punitive, as you extend boundaries.

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- Make a list of the 10 things that people may no longer do around you, do to you or say to you.
- Sit down with each person involved and share with them your process here; get their commitment to honoring you.
- Demand that every single person in your life is always unconditionally constructive in every single comment to you: No more digs, make-funs, deprecating remarks, criticisms...No matter what or who or the situation!
- Have and use a 4-step plan of action whenever someone violates your boundaries:
 1. Inform them what they are doing.
 2. Request they stop immediately.
 3. Demand they stop.
 4. Walk away without any snappy or get-even comments.
- Make a list of 10 ways you are violating others' boundaries.
- Stop violating the boundaries on that list.
- Reward; congratulate those who are respecting your boundaries.
- Extend your boundaries at least two or three times beyond where they are currently.

NOTE: This is an abbreviated version of the full 8-page handout provided during the IATF Leader As Coach Fast Track Program.

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