



Protect Your Most Valuable Assets

Yes, the population your nonprofit serves is important. However, your employees, board members, and volunteers only have so much to give.

Without healthy boundaries, you'll see dysfunction, symptoms of burnout, and high levels of turnover.

Who will suffer?

Everyone. Including the population you've worked so hard to serve.

Thankfully, it doesn't have to be this way. My program, "You Had Me at No: Sustainable Service," can help.

Key Takeaways:

- ✓ Understand the inner and outer effects of dysfunctional boundaries.
- ✓ Identify the underlying issues causing unhealthy boundaries (and how to fix them).
- ✓ Distinguish between "giving Of yourself" and "giving UP yourself."
- ✓ Better define roles and responsibilities.
- ✓ Learn how to set and communicate healthy boundaries to improve productivity, relationships, and well-being.



Sheryl Green, Mental Health Speaker and Author of "You Had Me At No: How Setting Healthy Boundaries Helps Banish Burnout, Repair Relationships, and Save Your Sanity."



Workshops can be delivered in-person or virtually.

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