

Personal Boundaries & Thriving

Rebekah Lloyd, Founder of This Independent Life

1st February 2024

**this
independent
life**

Today

My journey (10 mins)

What are boundaries? (20 mins)

How to set boundaries (5 mins)

How to practice boundaries (10 mins)

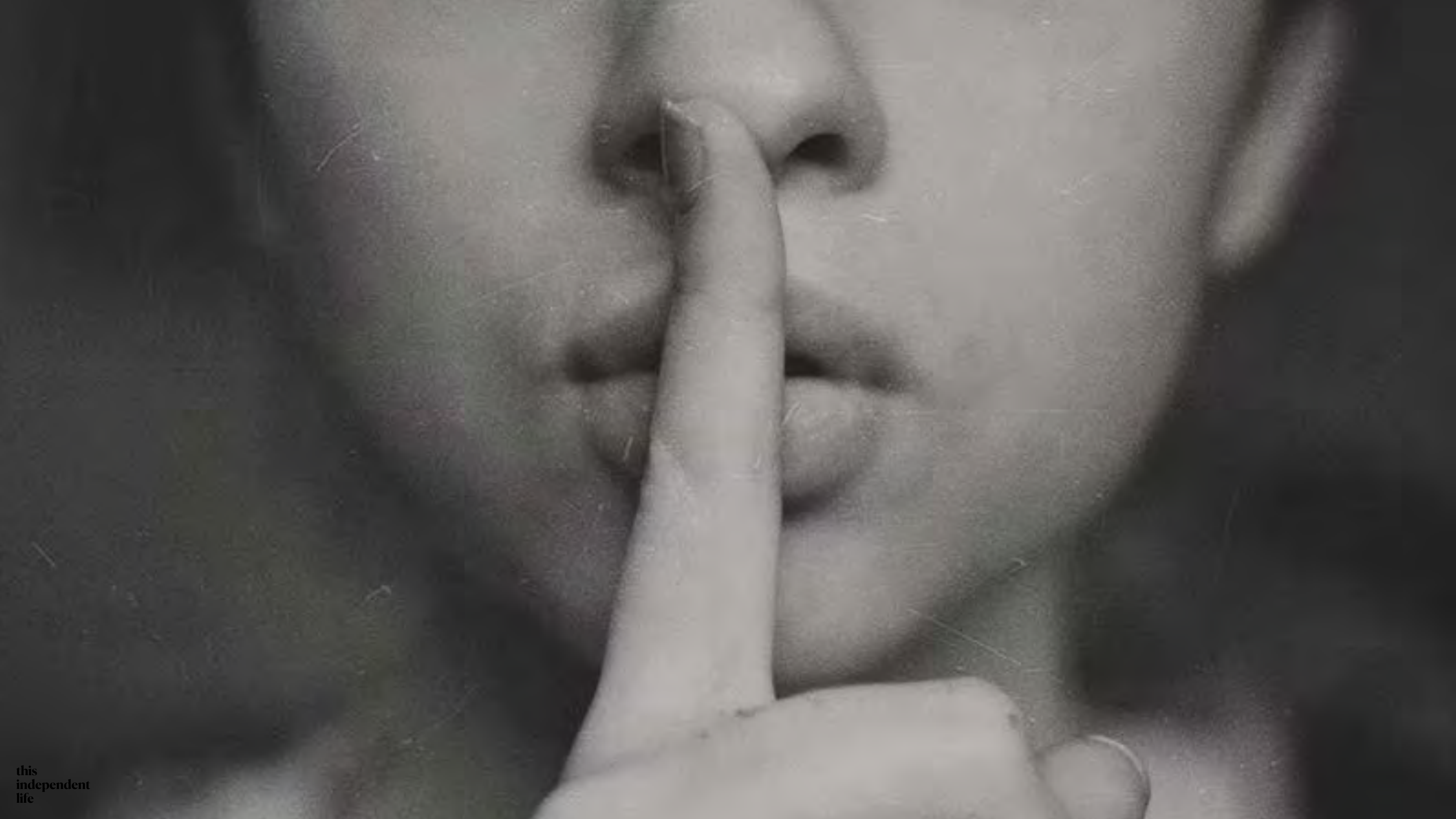
Use your boundaries to thrive! (10 mins)

My journey

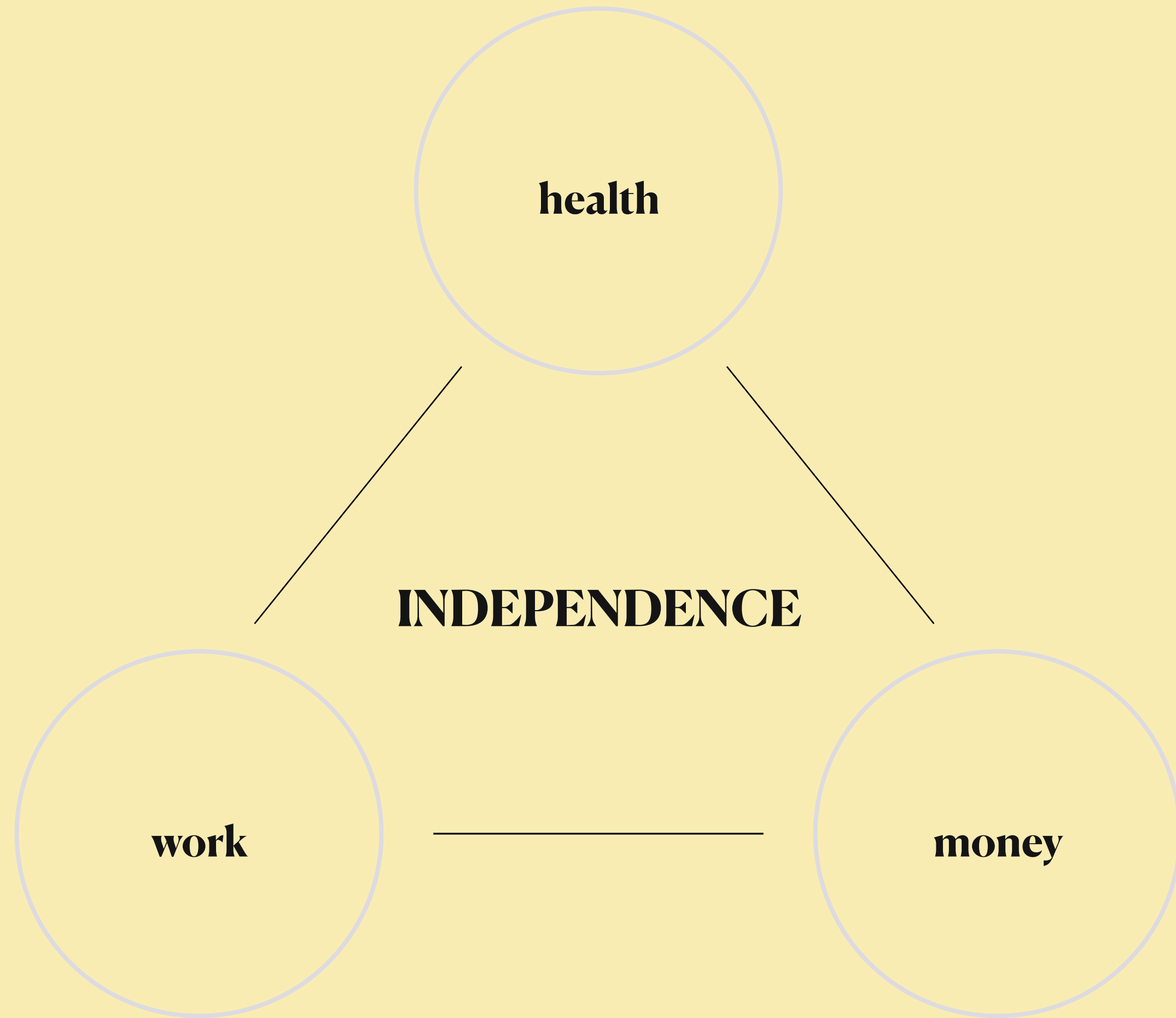
Rebekah Lloyd

- **Women's health and careers advocate, speaker and consultant, event and podcast host, and founder of This Independent Life**
- **Talks, workshops and events for workplaces and universities, research institutes and startups, and communities**
- **UN Women UK delegate, STEM volunteer, endometriosis support group leader, dedicated to using business as a force for good**





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Rebekah Lloyd
Founder, This Independent Life
BBC PARLIAMENT
8 NOV SELECT COMMITTEE
WOMEN'S REPRODUCTIVE HEALTH





The Guardian



Schroders



Imperial College London



STEMettes
♥ ★ # +

McKinsey & Company

OmnicomGroup



Daye

|unfabled

WHISTLES

ILOH

VUSH™

UNiDAYS

Ketchum



THE STACK WORLD

What are boundaries?



***An imaginary line that marks
the limits of something and
separates it from other things.***

A real or imaginary line that marks the limits or edges of a place or piece of land.

The farthest limit of something; the limit of what is possible or acceptable.

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

— Brené Brown, professor & author



Scale

Porous

Healthy

Rigid

Categories & how they manifest

Physical

Emotional

Time

Material

Scale

Porous

Eager to please others, might compromise their own comfort for the satisfaction of others, fear rejection if they don't comply with others and have a hard time saying no.



Rigid

Likely to keep most people at a safe distance, avoid the opportunity and possibility of rejection, and are more likely to have few close relationships.



Healthy

Understands own preferences and won't compromise on them, and don't feel pressured to cater to needs of others in any way that undermines own integrity and desires.



Categories & how they manifest

Physical

Protection of your space and body.



Physical examples

- **Saying how much privacy you need and meeting your needs of resting and eating**
- **Not wanting to be touched by someone you don't know and willingness to engage with physical contact**
- **Defining how close people can get to you and that your body and personal space belong to you**
- **Expressing what kind of physical touch, if any, is acceptable, including knowing and expressing your comfort and consent with sexual contact**
- **Being able to advocate for yourself**



Emotional

*Protection of your own thoughts
and feelings.*



Emotional examples

- Not having your thoughts and feelings criticised or invalidated
- Being accountable for your own thoughts and feelings but not responsible for other peoples
- Respecting your needs by respecting other peoples
- Understanding the limits, or lack thereof, that are placed on sharing intimate feelings with others, including oversharing personal information
- Being mindful of emotional energy and labour you put into things



Time

*Protection of how you spend
your time.*



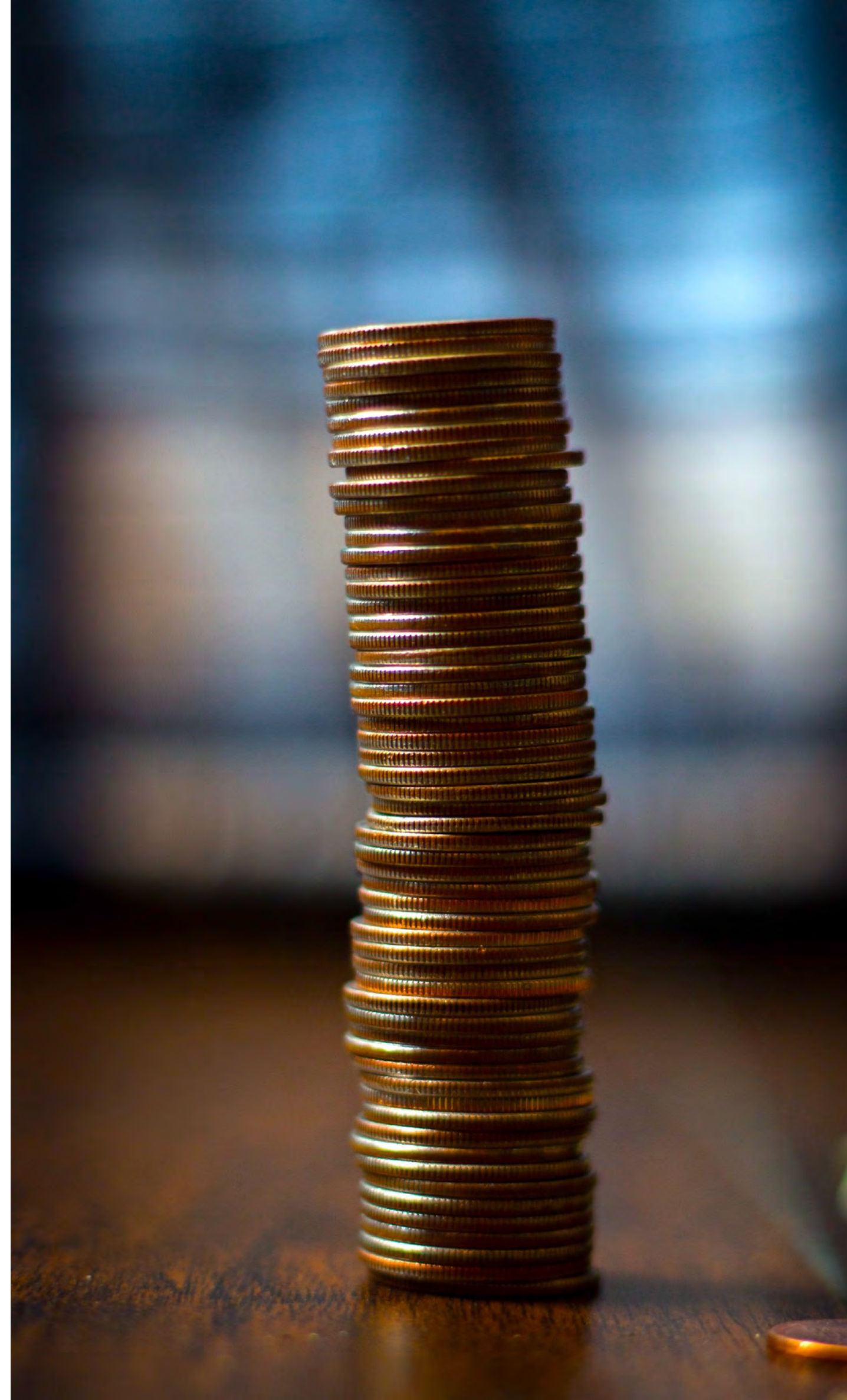
Time examples

- Understanding how you want to spend your time in all aspects and areas of your life
- Preventing yourself from agreeing to do things you feel obliged to do but don't really want to do
- Avoiding people from wasting or disrespecting your time
- Knowing how much time you want to allocate to various endeavours and the impact that each has on your life
- Preventing overworking and burnout, professionally and personally



Material

*Protection of your financial
resources and possessions.*



Material examples

- **Setting limits on what you will share and with who**
- **Being able to spend your money as you choose**
- **Having flexibility to not give or loan your money or possessions if you don't want to**
- **Knowing you don't have to explain why you don't want someone to have access to financial or passions**
- **Being paid by an employer as agreed and being able to advocate and express your needs**



Burnout

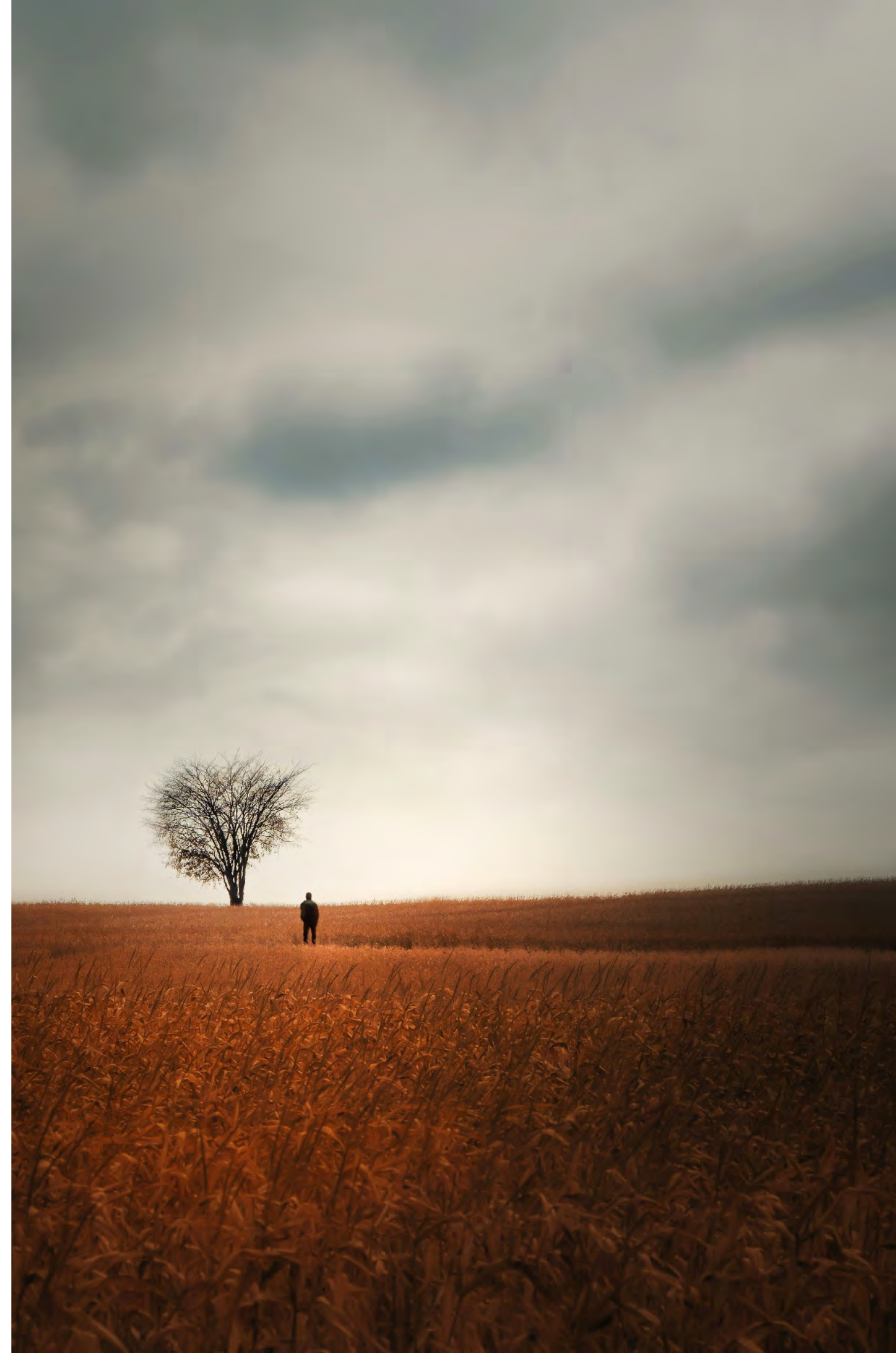
***The state of being extremely tired
or ill, either physically or mentally,
because you have worked too hard.***

Globally prevalent

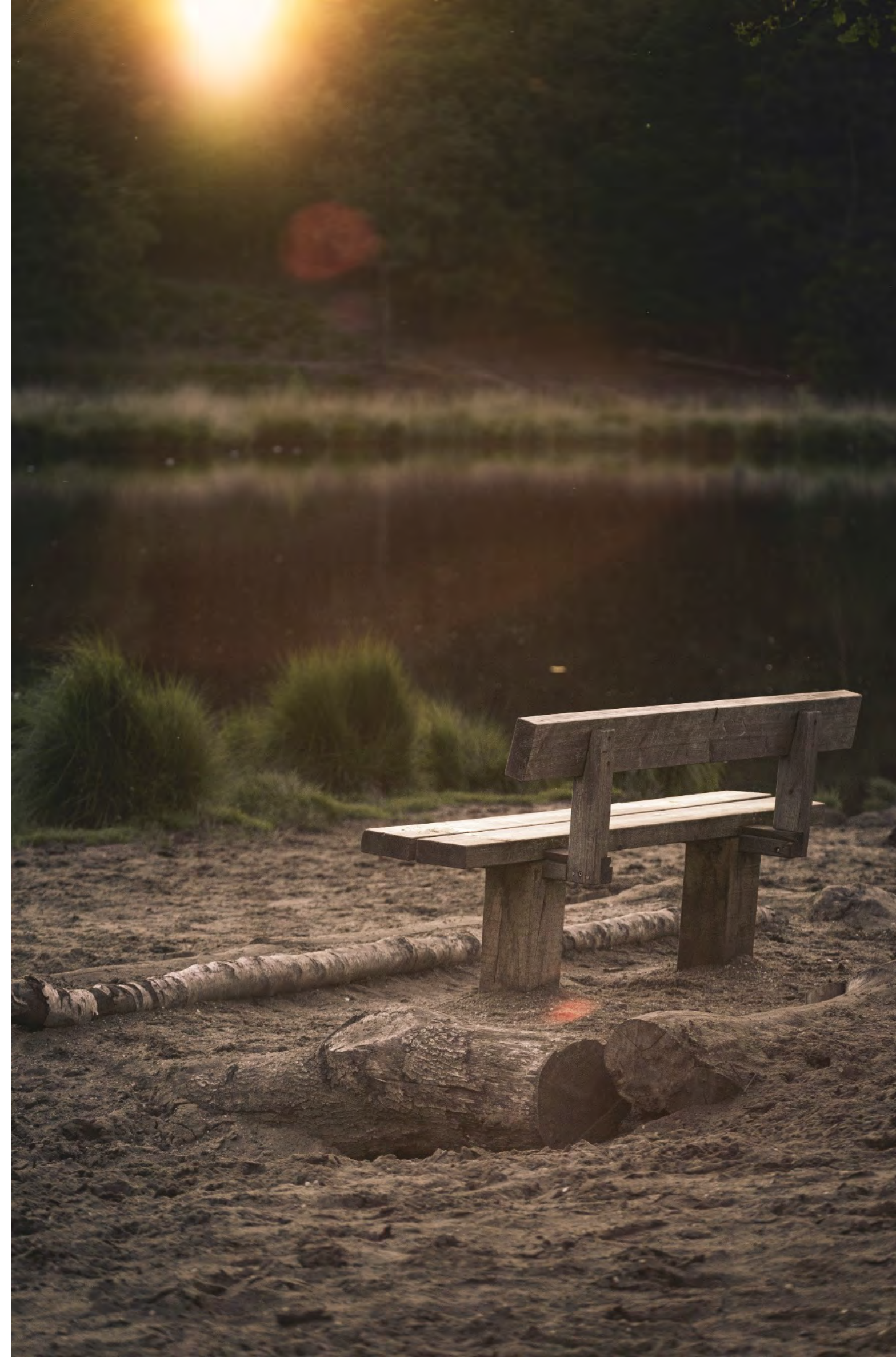
- Research by Deloitte found that **77%** of workers have experienced burnout at their current job
- **79%** of people in a CIPD survey identified stress-related absences in their organisation over the last year, increasing to **90%** for large organisations
- A survey of 15,000 workers across 15 countries by McKinsey found that **25%** of employees experienced burnout symptoms
- Burnout increases risk of workplace absence by **57%**, developing depressive disorders by **180%**, Type 2 diabetes by **84%**, and hypertension by **40%**
- A higher percentage of women leaders (**43%**) report feeling burned out compared to men at their level (**31%**)



**Exhaustion =
physical, cognitive
& emotional fatigue**



**Depersonalisation =
erosion of engagement**



**Inefficacy =
lack of competence,
achievement & productivity**



WORLD

THE WORLD IS
TEMPORARILY CLOSED

Exercise

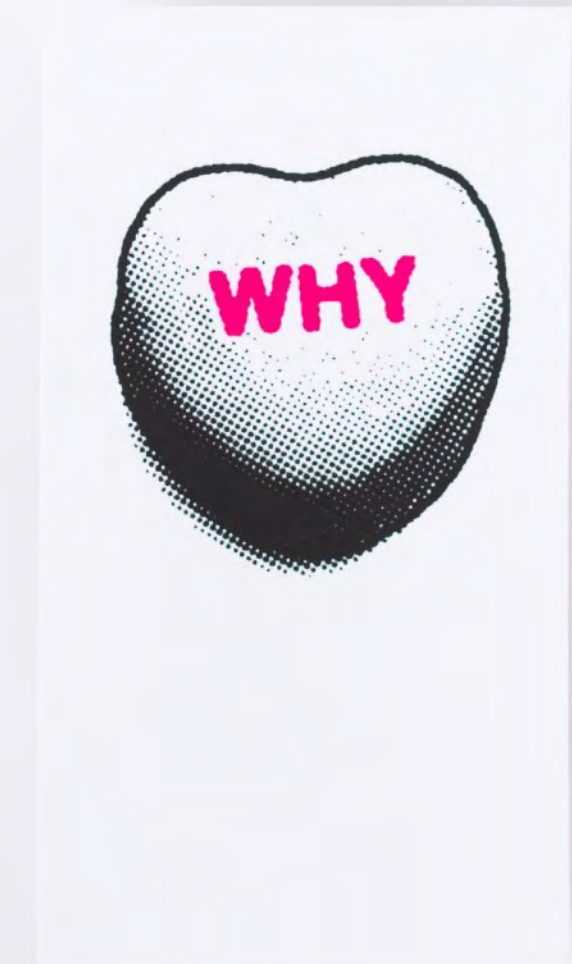
- 1. Write down an example where you felt the symptoms of burnout**
- 2. Write down where you think you lie on the boundaries scale overall across porous, healthy and rigid**
- 3. Write down an example where you've struggled with physical, emotional, time and material boundaries**

How to set boundaries

1. Define what you value & what you need.



2. Understand why you need a boundary.



3. Communicate what you need, directly.



How to practice boundaries

**Don't apologise or
be afraid to say no.**



**Take responsibility for
your actions, but know
when to ask for help.**



Trust your gut.



Exercise

- 1. Write down 1 situation in your life where you feel you don't have a clearly established boundary that is negatively impacting you as a result**
- 2. Write down how it is currently affecting you not having a boundary in place**
- 3. Write down what boundary you need to create for this situation, and why you need it**
- 4. Write down who you need to communicate with to make this boundary a reality**

**Use your boundaries
to thrive!**

**Build your sense of self:
self-love, self-awareness,
& self-esteem.**



**Improve & strengthen
your relationships.**



Live life on your terms.



Exercise

- 1. Close your eyes - visualise and focus on what brings you joy in your life as a whole - recognise what thoughts, feelings and experiences come to mind**
- 2. Write down 3 things in your life that bring you joy**
- 3. Write down what boundaries you can create to help make these 3 things happen more**
- 4. Write down 1 way you can do this type of practical reflection to help create and strengthen healthy physical, emotional, time, and material boundaries moving forward**



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Let's connect!

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Thank you!

