



# Women in Leadership Conference

**AUGUST 2021**

# NO is a complete answer

**Setting Boundaries In  
A Work-From-Home World**

**WITH NIKKI BUSH**



# Audience Poll

## How are you feeling RIGHT NOW?

- I don't feel empowered to say no and create boundaries
- I'm having a speed wobble and I've lost perspective
- I'm suffering from decision fatigue
- I feel confident in my ability to say no and create boundaries

# Audience Poll

**Who is it more difficult to say NO to or to create boundaries with?**

- Your boss
- Your team
- Your boss AND your team
- Your partner/spouse
- Your children
- Your partner AND your children
- Your friends
- ALL of the above

# Audience Poll

**When you say no/create a boundary do you feel:**

- Who do I think I am to say no?
- Worried about how 'they' are thinking about me right now?
- Worried they won't like me anymore
- Worried I am going to be labelled as uncompromising
- A paralysing sense of guilt
- Fearful of repercussions for my career/relationship

# The **WHOLE** you



# The cost of GUILT





# Saying NO





# Who's holding you to ransom/hostage?



# Saying YES

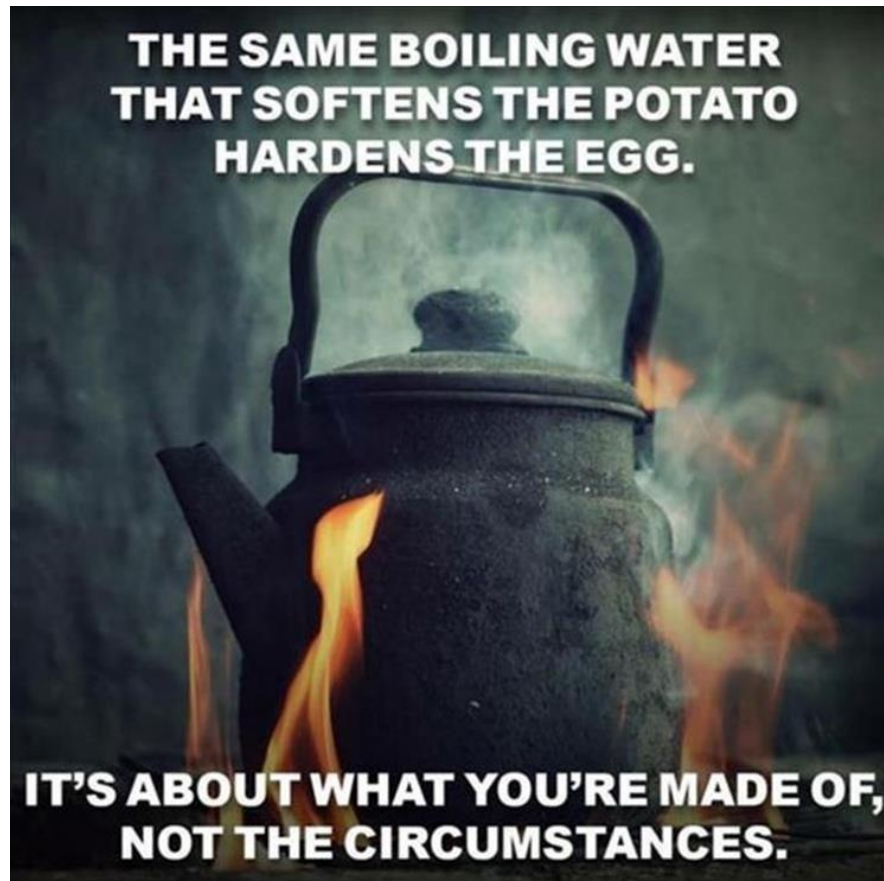


# A Prioritising Exercise

PRIORITISING FOR \_\_\_\_\_

ITEM	INCOME	TIME	INTEREST	PASSION
Item	R	Hours or days	Score out of 10	Score out of 10

# How are you showing up for yourself?



# Audience Poll

**How are you feeling RIGHT NOW?**

- Reassured but tentative
- Encouraged and positive
- Empowered and ready to show up





# Thank you



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