1. Which of the following is the most likely to result from a lack of healthy boundaries?
   1. A person transfers their decision-making ability to another
   2. A person generates additional time in the day
   3. A person taps into the relaxation response
   4. A person determines and acts on needs versus wants
2. According to the webinar, which of the following is considered an internal challenge to setting boundaries?
   1. Fear of confrontation
   2. The proliferation of cellphones
   3. A new work environment
   4. The use of social media
3. Visualization of a permeable boundary can help because
   1. It supports the reframing one’s thoughts
   2. It increases the feeling of self-compassion
   3. It encourages the action of looking at role and responsibilities
   4. It creates a way to have more influence on the environment
4. If you are experiencing empathy overload, the following strategy would probably be the least helpful:
   1. Activate the parasympathetic nervous system
   2. Practice mindfulness activities
   3. Consider ways to put yourself in the other person’s shoes
   4. Acknowledge your feelings
5. Which of the following would be the best replacement thought for increasing self-compassion in response to the Thought Weed, “I should always meet the demands of my elderly mother because she brought me into this world and sacrificed for me”?
   1. “There are many responsibilities for being both a parent and a child.”
   2. “I care about my mother, and I will enjoy spending time with her regularly every Sunday afternoon.”
   3. “There is nothing stronger than the bond between mother and daughter.”
   4. “I will work to balance the needs of my job with the needs of my mother.”
6. Which step is NOT part of the Positive No strategy?
   1. List priority values
   2. Use affirmations
   3. Decline a request
   4. Offer an alternative option
7. Saying “yes” to your spouse’s desire to celebrate this year’s anniversary with a trip to Hawaii most likely means saying “no” to:
   1. Leisure and relaxation
   2. Quality time together as a couple
   3. Training for the marathon
   4. Being able to purchase new carpet this year
8. Which of the following illustrates the best scenario for discussing the 3 Buckets?
   1. A client is struggling with finding the best workout routine now that she just had a baby 6 months ago
   2. A client is working to increase her social connections after moving to a new neighborhood
   3. A client feels like she has no purpose in life
   4. A client is frustrated with the organization’s culture
9. A 32-year-old woman is meeting with her wellness coach for her fourth session. The client hired the coach originally to support weight loss because the client is unhappy that she has not lost weight after having her baby a year ago. However, the coach has realized that the client struggles with prioritizing her own needs over the needs of other individuals in the client’s life. In today’s session, the client tells the coach, “I had good intentions about exercising daily for 10 minutes like we talked about, but my mother insisted that I come over every day last week to help her clean out her basement. The coach believes that it may be time to initiate conversation about boundaries. What is the next best response by the coach?
   1. “You are such a caring daughter. It seems like visualizing a permeable boundary might be helpful. Would you like to hear more?”
   2. “You are always pulled in so many directions. And it seems like your mother is being demanding. I think it would be beneficial if we talked about setting better boundaries.”
   3. “The constant support you provide your mother is admirable, especially since she is always so busy with her projects. I am wondering if it may help to talk about responsibilities you feel you have as a daughter as you juggle the responsibility of being a parent. What do you think?”
   4. “There are always so many life priorities! Why don’t we discuss a “Yes-No-Yes” strategy to help you say to say no more often?”
10. A wellness coach is meeting with a 23-year-old client telephonically for the first time through the employer’s wellness program. The client tells the coach that he is stressed because of having to live with two roommates. He has never had to share space with others outside of his immediate family. He states, “It’s overwhelming. I don’t understand why they do what they do or say what they say.” Which of the following is the coach’s best course of action?
    1. Initiate a conversation about core values
    2. Describe the benefits of the Yes-No-Yes strategy
    3. Engage in a discussion regarding protecting time
    4. Determine whether the roommates are toxic individuals

**Boundaries Description**

As a coach, it can sometimes seem like every coachee struggles with setting boundaries in at least one area of their life. Pursuit of goals can go seriously when we have a hard time sayingNO to activities and people that drain our physical and emotional energy. A consistent inability to set personal and professional boundaries can lead to feelings of overwhelm, resulting in chronic stress.

This webinar will help you, as a coach, support clients who may be over-achievers, people-pleasers, have intense feelings of FOMO (fear of missing out) or individuals who just need recognize the value of their own time and energy. Be ready to come away with specific activities that will make setting boundaries easier for your clients, enabling them to positively impact their wellbeing.