



INSIDE THE TEAM WITH JESSE FAVRE: AFTER THE EPISODE

Leader Companion Guide for Team Dialogue & Action Planning

EPISODE 6

Episode: Setting Boundaries at Work: The #1 Skill to Prevent Burnout and Reset Your Career (Ft. Wendy DuCassé, DSW, LCSW)

Duration: 32 min.

KEY TAKEAWAYS

Boundaries are an essential skill for protecting your energy and preventing burnout.

Boundaries function like a doorway into connection—doors let some things in and keep others out, and boundaries help define what's okay and not okay in relationships.

A boundary isn't always a firm "no;" sometimes it's a thoughtful "yes, if..." that clarifies the conditions you need to move forward.

Setting boundaries can feel uncomfortable. Anchoring to your "why" can help you hold steady.

DISCUSSION QUESTIONS

1. Where do unclear or missing boundaries show up in our team's daily work?
2. Which situations tend to stretch us past our limits, and what boundaries would help prevent that?
3. Where could we use more "yes, if..." conversations with each other?
4. What expectations or norms do we need to clarify so everyone knows what's okay and not okay?
5. How can we make it easier for team members to express their needs without fear of judgment or backlash?
6. What's one boundary each of us can practice this week that would support our energy, focus, or effectiveness?

CHOOSE A CHALLENGE!

- As a team, identify one area where boundaries are blurry and agree on a shared boundary to pilot for one week.
- Create a simple team agreement defining what's okay and not okay in how you work together—then commit to testing it for the next month.
- Have team members identify one boundary that supports their best work (i.e., focus time, response time, meeting etiquette) and share it with the group.
- Do a "doorways check-in." Ask each team member where they need their door more open, partially open, or closed, and discuss how the team can honor those needs.



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CONTACT

Support@JesseFavre.com

» MEET YOUR HOST



Jesse Favre, MSW, MBA is a leadership trainer and public speaker specializing in human behavior and mental health in the workplace.

Since founding her company in 2022, she has delivered 1,000+ seminars and workshops to employees around the world.

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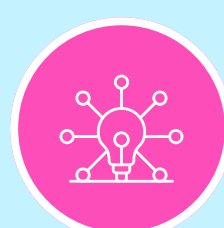
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