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Getting What You Want: Setting and Maintaining Boundaries with Others

Thursday, February 07, 2019

9:00 a.m. – 12:00 noon

Registration begins at 8:30 a.m.

When managing staff, working with a client or just interacting with co-workers, one of the more difficult things for many of us is to tell others what we need from them and sticking with boundaries. When we aren't able to successfully set and maintain boundaries, we can be angry and resentful with our individuals and ourselves. In many cases this will affect our work and make us unhappy.

In this session you will be provided with specific techniques and support to help you set and keep boundaries that can make your work easier and provide for more effective relationships.

Speaker: Mark Sachs has been an external OD consultant and executive coach for the past 12 years. In his consulting practice the focus has been on increasing communication among staff, developing effective teams, assessing organizational effectiveness, successfully managing change and facilitating meetings and retreats. In his coaching practice he helps executives and managers develop their leadership and management skills. Mark holds a master's degree in Organization Development from the American University/NTL Institute and BA and MA degrees in Sociology from Rutgers University. He is also a graduate of Coach University.

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