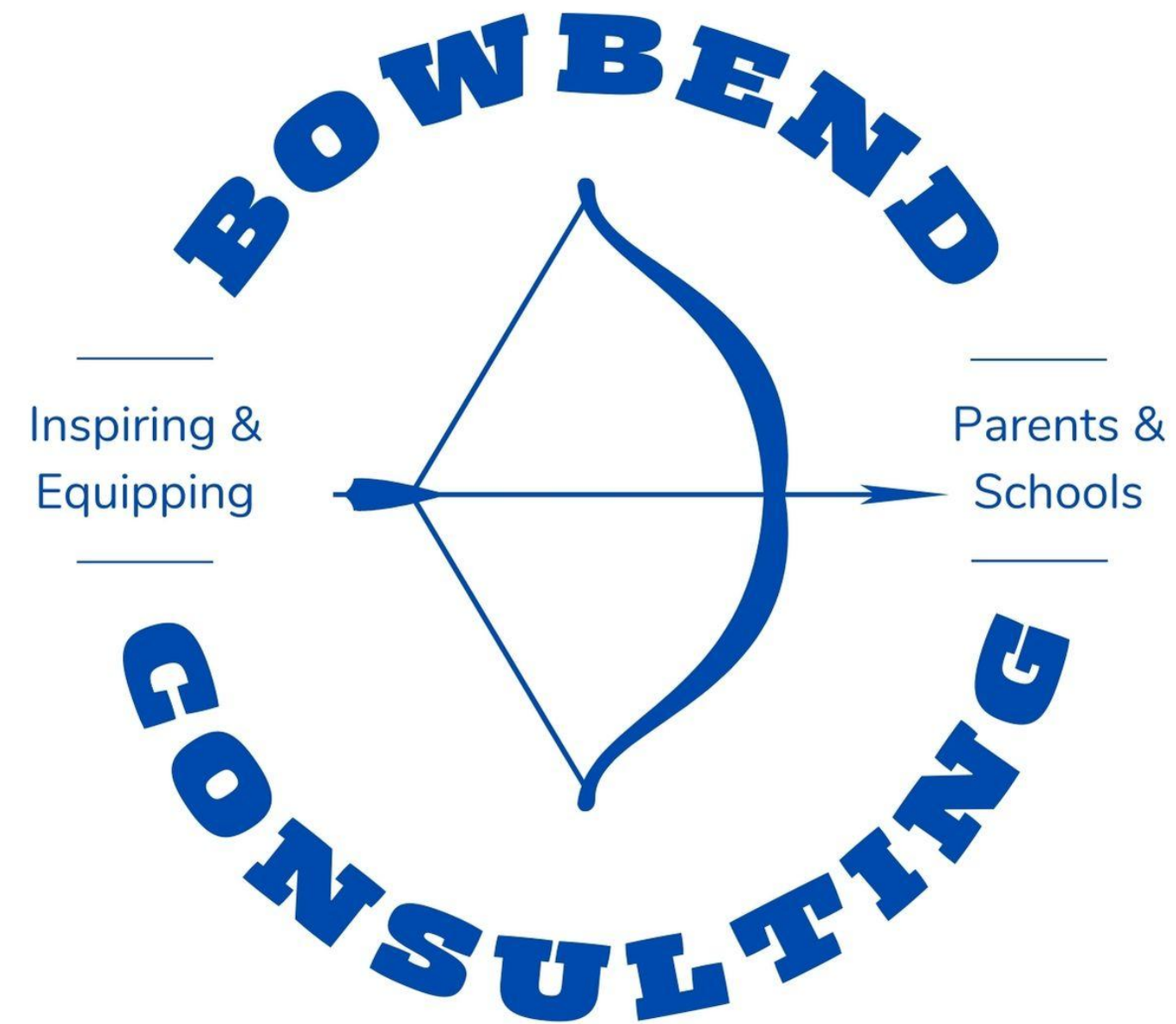


Boundaries

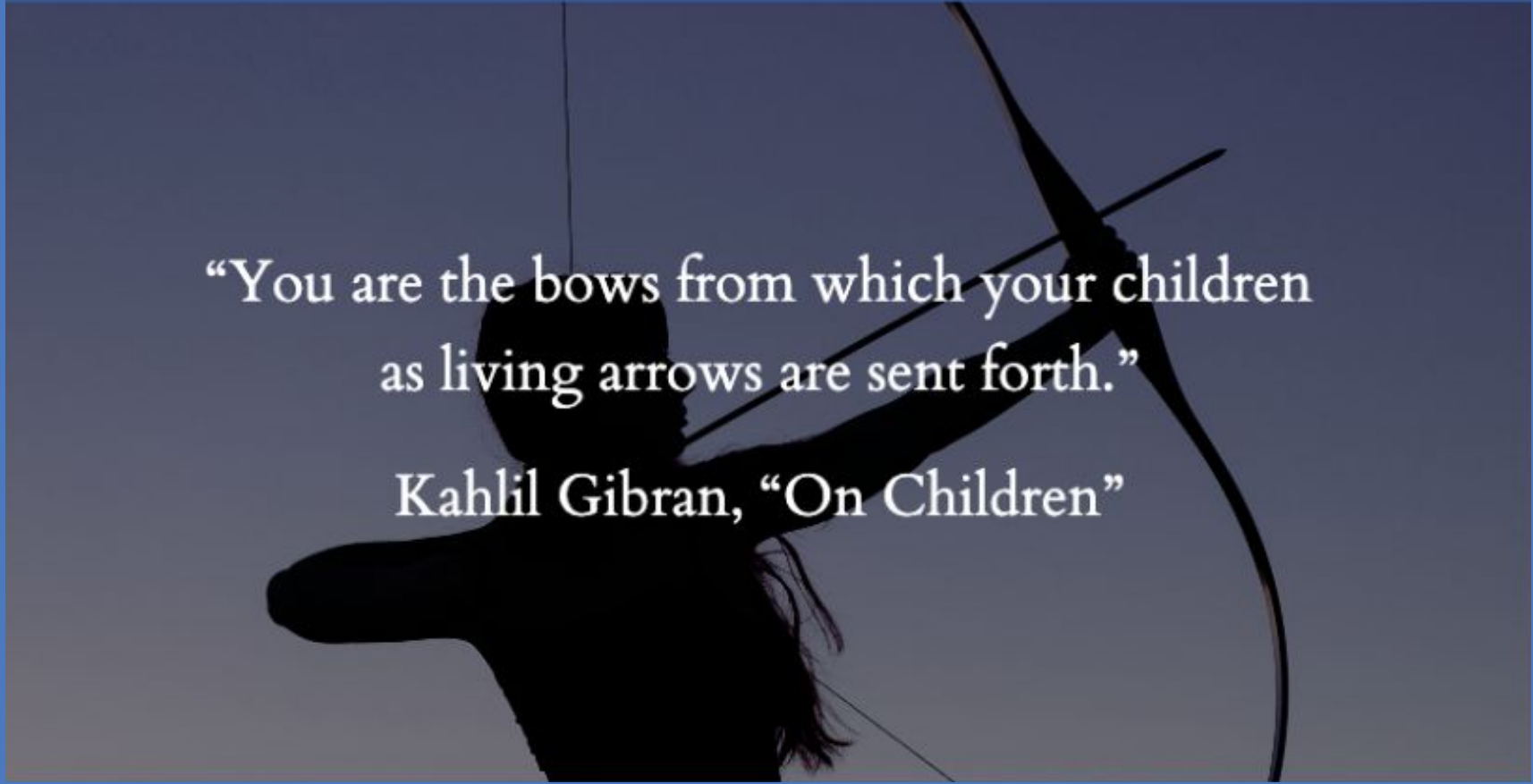


When You Arrive....

- 1) Sit with people you don't know. Fill the table.
- 2) Make a nametag.
- 3) Introduce yourself to your table mates.
- 4) Share your answer to:
“what is your favorite dessert?”

Bowbend Consulting

Inspiring and Equipping Parents and Communities to
Raise Thriving Children of Character



“You are the bows from which your children
as living arrows are sent forth.”

Kahlil Gibran, “On Children”

WESTMINSTER

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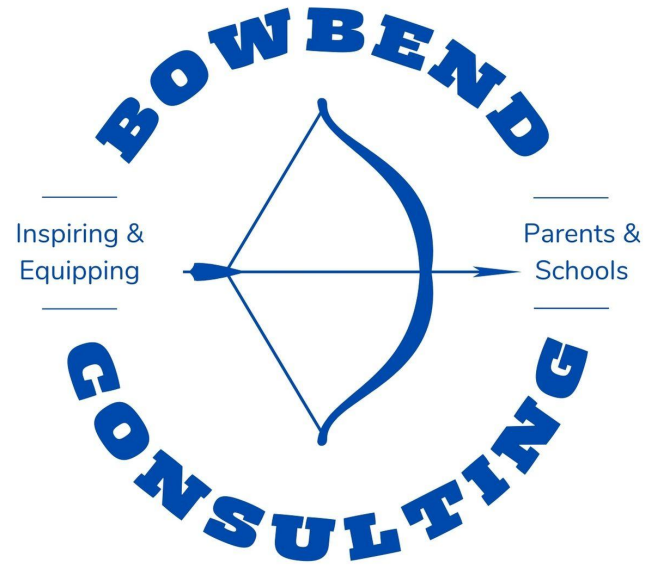
POSITIVE DISCIPLINE

The classic guide to helping children develop self-discipline, responsibility, cooperation, and problem-solving skills

Jane Nelsen, Ed.D.

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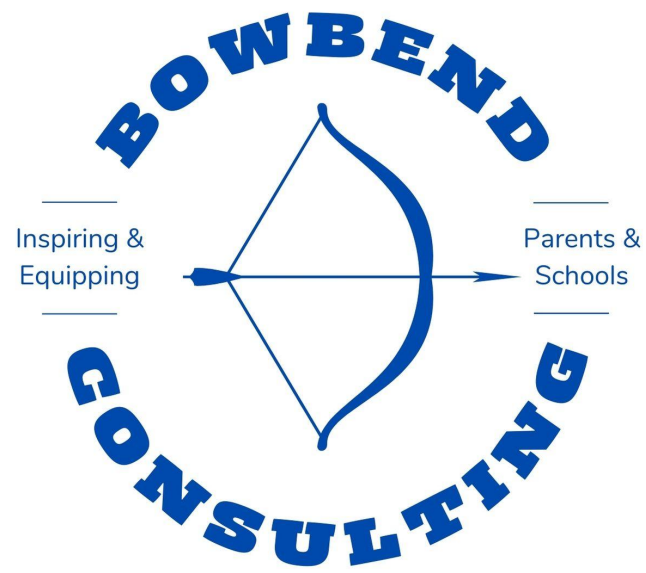
Our Meeting Purpose

Refresh your skills in

- Setting Boundaries with Parents
- Teaching Parents to Set Boundaries with Children

Connect with and learn from your table mates

Build **Insight** around boundary research



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Connect

Describe the last time you had a challenge setting or holding boundaries with parents at your school.

Pair Share. 2 mins per.

Appropriate boundaries don't control, attack, or hurt anyone....Saying no to adults, who are responsible for getting their own needs met, may cause some discomfort...But it doesn't cause injury.

- Cloud and Townsend

Elena Aguilar

QUESTIONS TO ASK YOURSELF WHEN PREPARING FOR HARD CONVERSATIONS

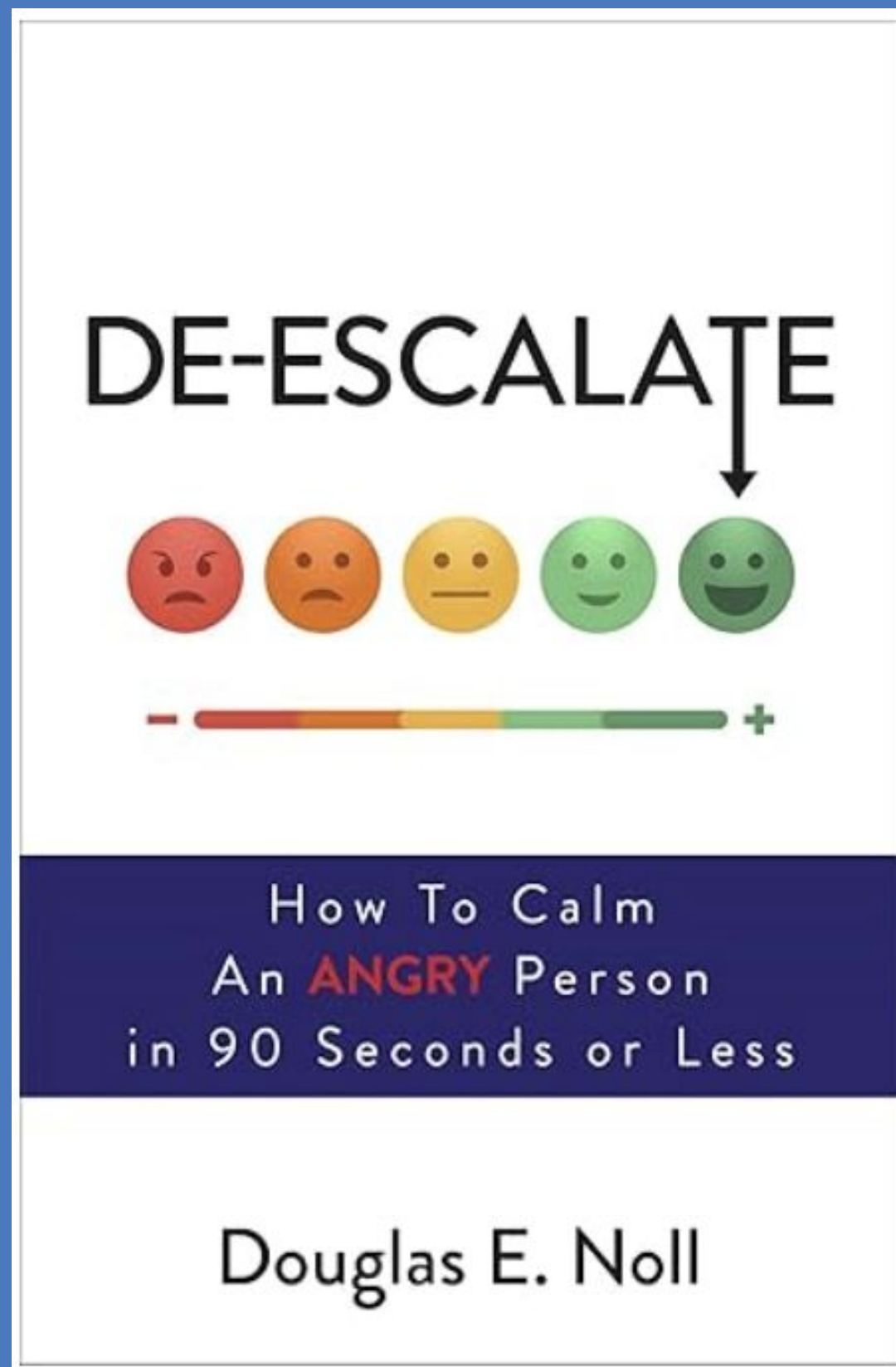
Question	Implications
What’s hard about this conversation?	<ul style="list-style-type: none">• <i>What is it about our relationship that makes this a hard conversation? What role does the power dynamic between us play?</i>• <i>What role am I needing to play? Is this a coaching role? Is this a supervisory role?</i>
What’s coming up for me?	<ul style="list-style-type: none">• <i>How am I feeling? How can I manage these feelings?</i>• <i>What’s the benefit for the client, school, and students if I manage my feelings so that I can have this conversation?</i>• <i>Is there someone else who could help me process my feelings?</i>
Where is the need for this hard conversation coming from? Who wants it? Who is requesting it?	<ul style="list-style-type: none">• <i>Did I determine that this conversation needs to happen?</i>• <i>Is someone else asking that I have this conversation? If so, is it an appropriate conversation for me to have? Or does the hard conversation need to be with the person asking me to have a hard conversation with someone else?</i>• <i>What data do I have that indicates the need for the hard conversation?</i>
What’s the purpose for this conversation?	<ul style="list-style-type: none">• <i>Is the agenda coming from me?</i>• <i>How can I connect my purpose to the client’s goals and areas for growth?</i>
What do I hope the outcomes are?	<ul style="list-style-type: none">• <i>Why is this a conversation worth having?</i>• <i>What might be possible out of this conversation?</i>• <i>What might be the best possible outcome? What could be the worst?</i>
Which skills will I need to use in this conversation?	<ul style="list-style-type: none">• <i>Which questions will be most helpful?</i>• <i>Would it help me to use the coaching lenses?</i>• <i>Which coaching stances will be most helpful?</i>
How will I prepare for this conversation?	<ul style="list-style-type: none">• <i>How will I script my questions?</i>• <i>How will I attend to my emotions so that I can have this conversation?</i>• <i>Who can support me?</i>

Douglas Noll

Ignore the Words, Listen to the Emotions

Reflect Back the Emotions (affect labeling)

Stay Calm and Nonreactive



David Rock

The SCARF model

This memorable framework from Dr. David Rock helps communicators recall the five key domains of psychological safety. When these pillars may be threatened, we should anticipate an instinctively avoidant response – and look for ways to soften the impact.



BiteSize Learning

Status

Threatened by...

Embarrassment, feeling singled out, pointed or surprising feedback, competence being questioned

Replenished by...

Mutual respect, separating the work from the person, public acknowledgement, job security

Certainty

Constantly shifting plans, unseen forces at work, unclear goals, major 'known unknowns', fuzzy strategy

Clear strategies, timelines and deliverables, steady expectations, sense of the bigger picture

Autonomy

Micromanaging, process over outcome, 'only one right way to do it', questions & challenge unwelcome

Empowered teams, collaborative decision-making, flexibility in acceptable approaches, playing to unique strengths

Relatedness

Impersonal demands, faceless bureaucracy, 'computer says no', disconnected leadership

Genuine human connections, putting a face to the ask, doing things for and with others, team culture

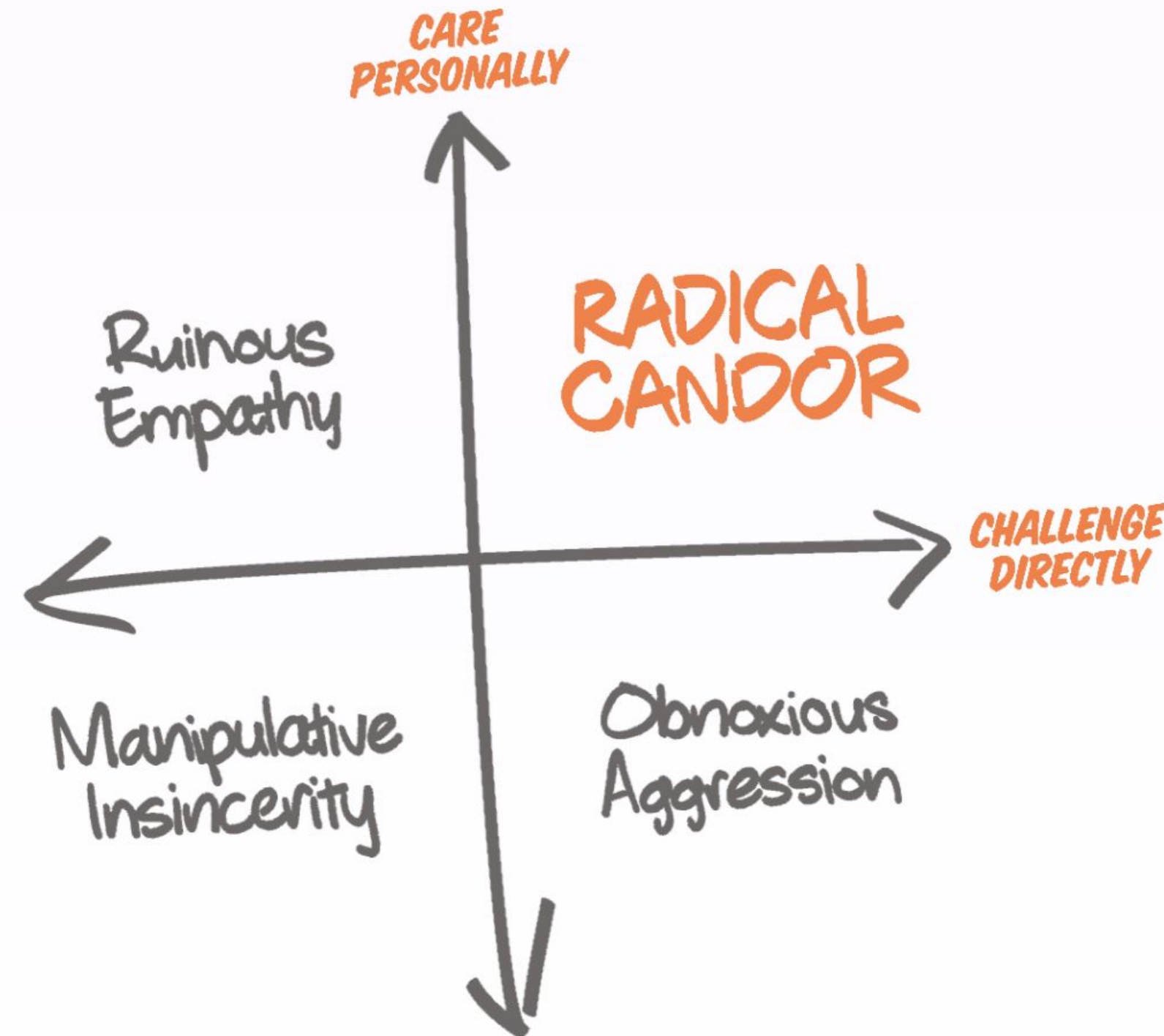
Fairness

Arbitrary application of standards, capricious rule changes, reneging on agreement, unjust rewards

Rules that make sense, giving and taking, transparency, and consistent treatment for everyone

Radical Candor

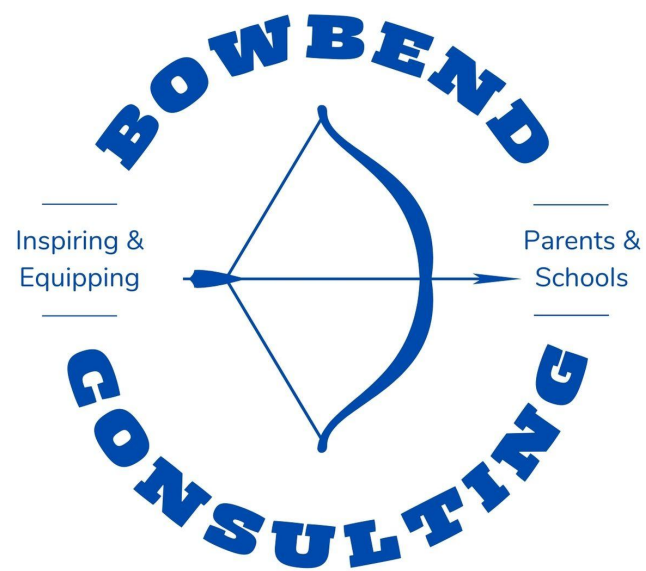
“My child was not recommended for honors math, but I want her in the advanced class anyway. Please override the teacher’s recommendation.”



Refresh

Choose **one of these insights** to use if you were to re-do your last time you had a parent boundary struggle.

Role play with a table partner.



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Describe the last time you worked with parents to help them set better boundaries at home for their own children.

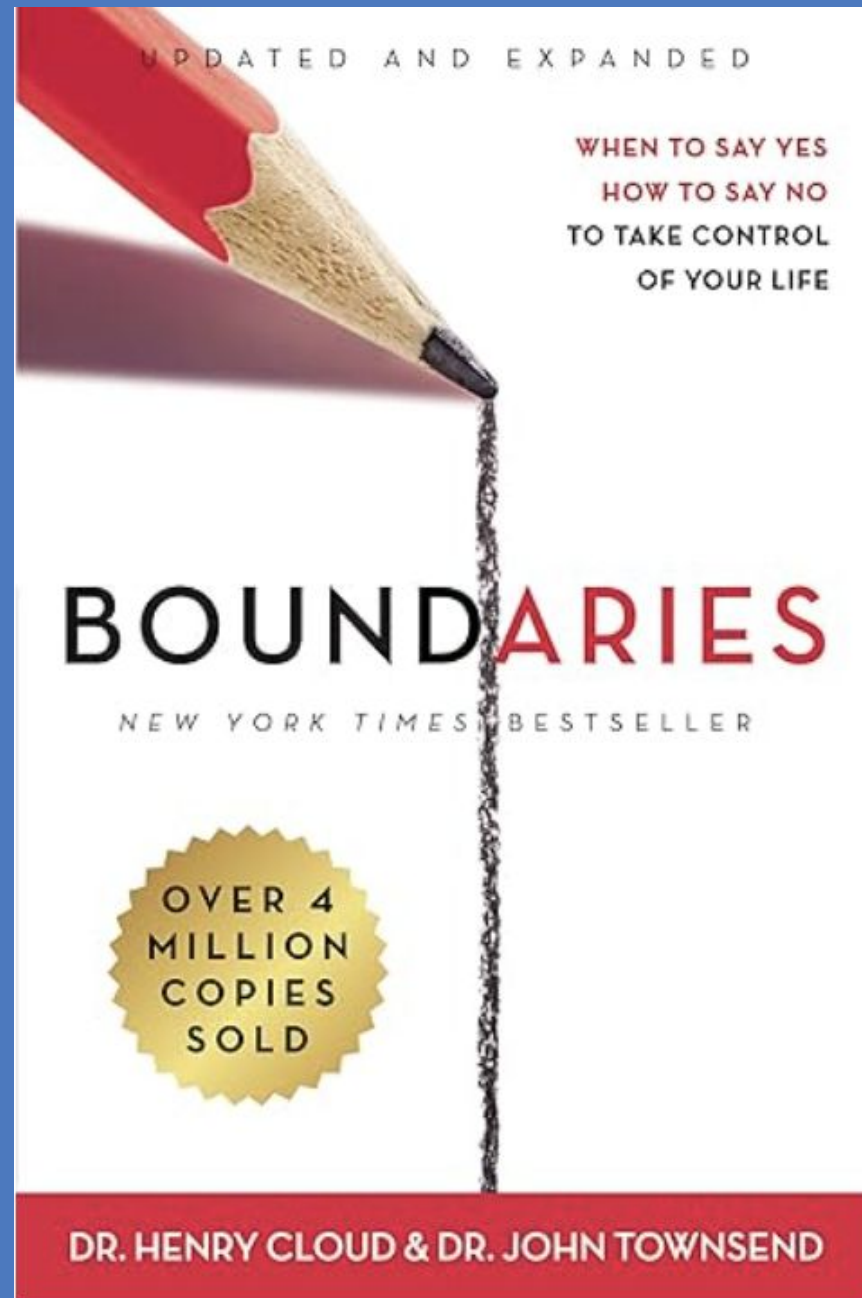
What was the boundary you were trying to help them enforce?

Pair Share

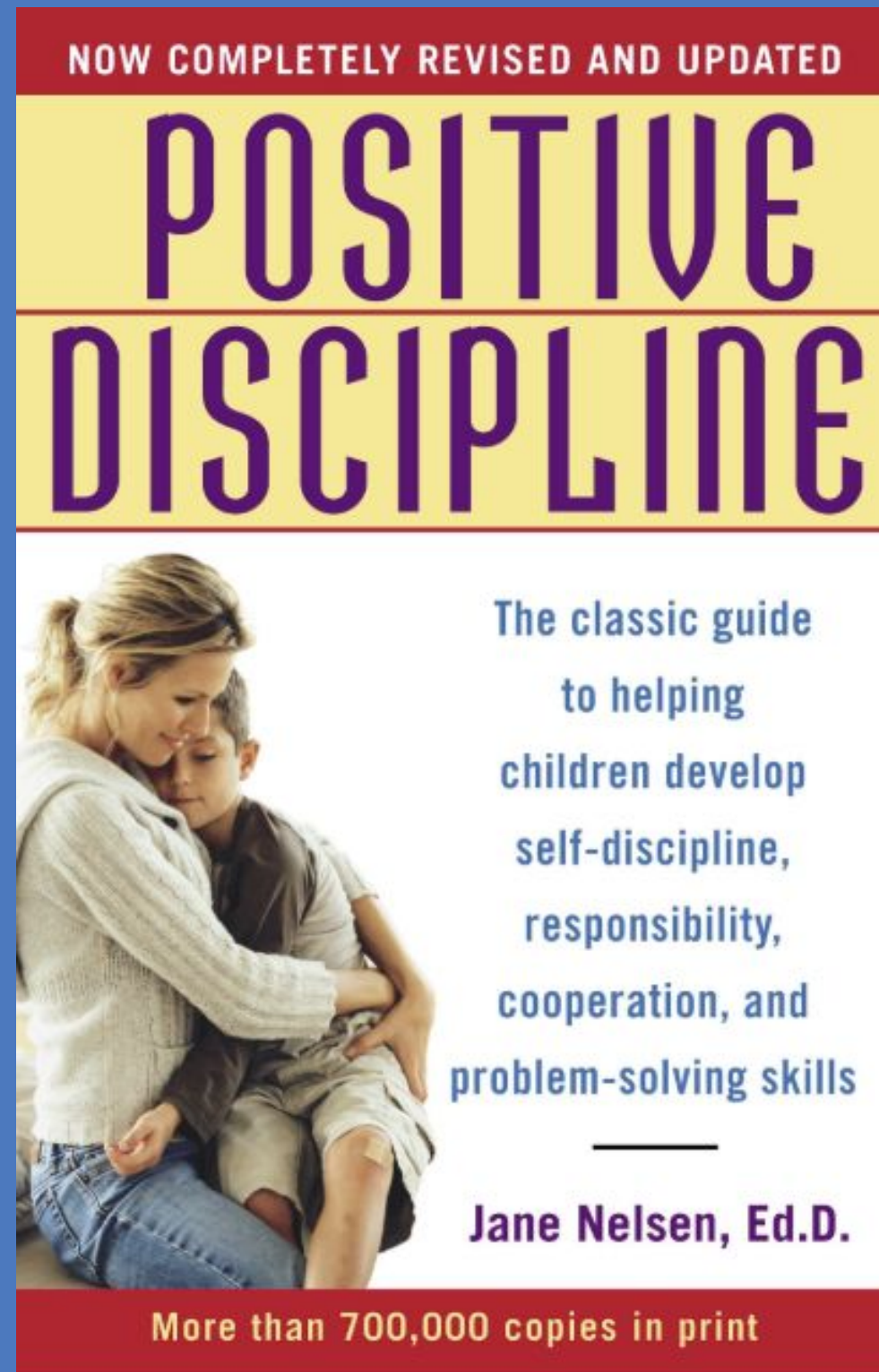
Henry Cloud & John Townsend

Children Need Boundaries

- Self Protection
- Self-Responsibility (emotions, thoughts, materials, experiences)
- Experience natural consequences
- Sense of control and choice
- Delaying Gratification
- Respecting Others' limits



Positive Discipline



- **Kind *and* Firm**
- Focus on Solutions
- Joint Problem Solving
- Family Meeting
- Follow Through
- Act, Don't Talk
- Decide What You Will Do
- Say No Respectfully

Refresh

Choose **one of these insights** to use next time you are working with parents who need help setting boundaries at home.

Role play with a table partner.

Peyten Williams

Bowbend Consulting

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peytenwilliams@bowbendconsulting.com

Can You Give
Me Some
Advice?

Feedback



SAIS 2025 BOUNDARIES WORKSHOP

BOWBEND CONSULTING

Please give me
advice/feedback
using the QR code

OR

Take a selfie with
your tabel partner,
tag me and
yourselves and
SAIS.

Share one great
takeaway from this
workshop.

As We Close...

Share an appreciation.

“I appreciate

[person at my table] **for**

[insight, connection,
refreshing].”

