

# Creating and Managing Your Boundaries

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# When working from home...



# Work-Life Boundaries

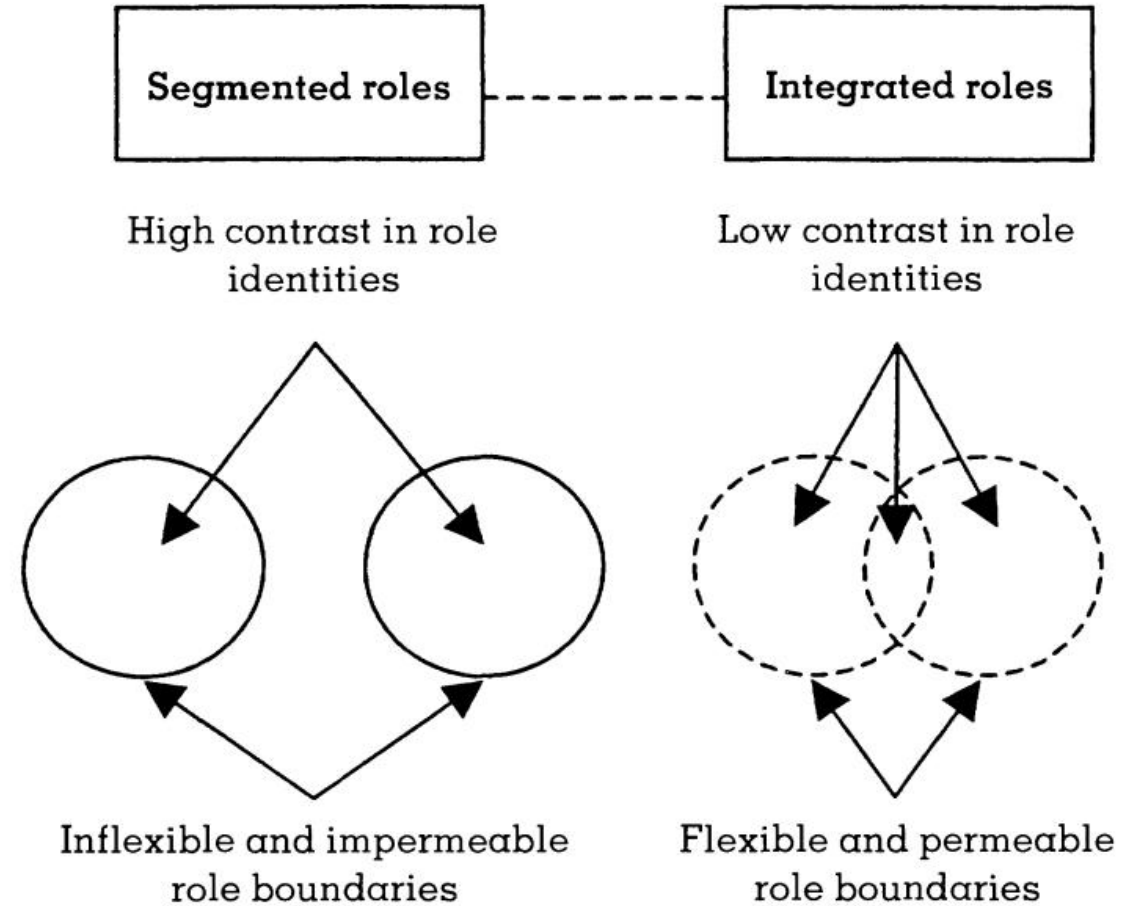


# Work-Life Boundaries

Flexibility

Permeability

Segmentation



# Preferences

- Preferences for segmentation
- Ability to enact preferences
  - Practicing mindfulness
- Shifting preferences

# Flexibility

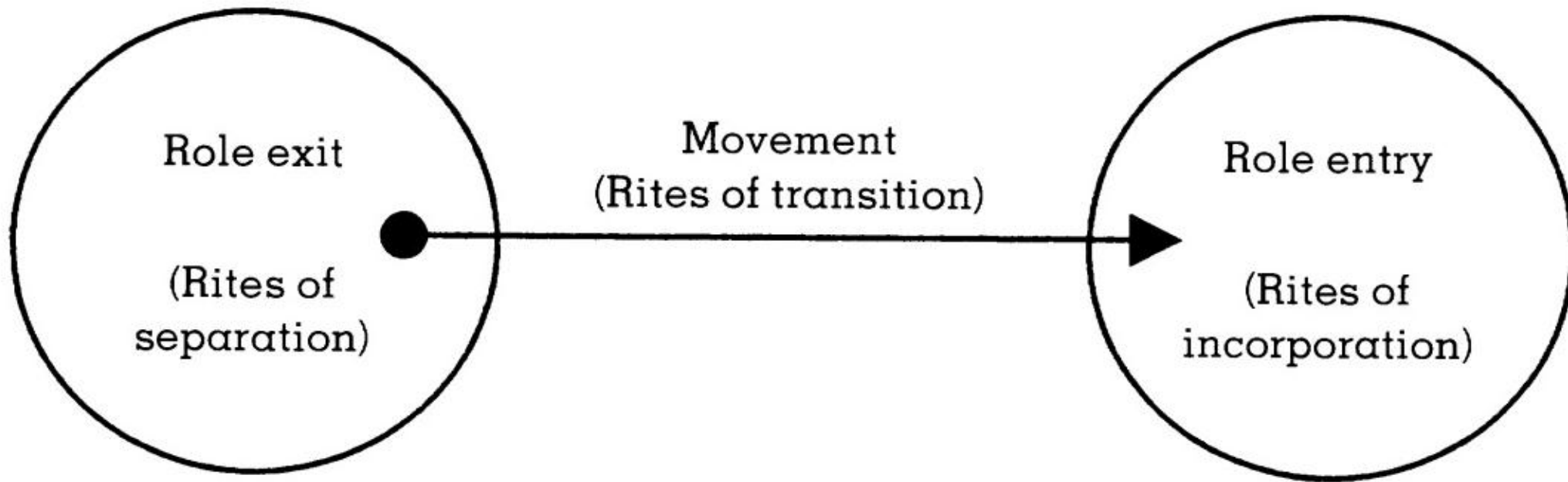
- *Ability – the perceived ability to contract or expand domain boundaries*
  - *Talk to your manager*
  - *Talk to your spouse/family*
- *Willingness – the willingness to contract or expand domain boundaries*



# Permeability

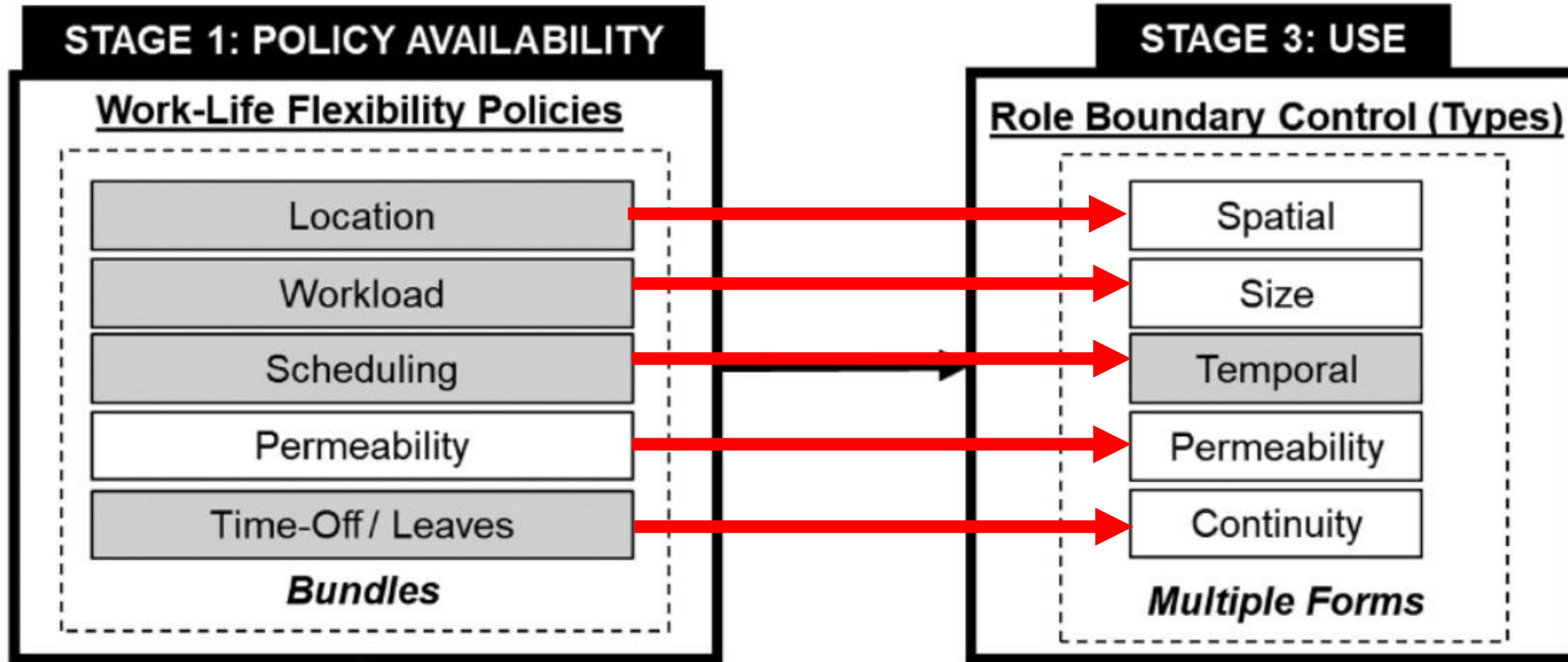


# Crossing role boundaries: Segmentors





# Work-Life Policy



# Thank you

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# SELF-REFLECTION

How do you enable others to set boundaries, so their work activities do not regularly interrupt their life activities?