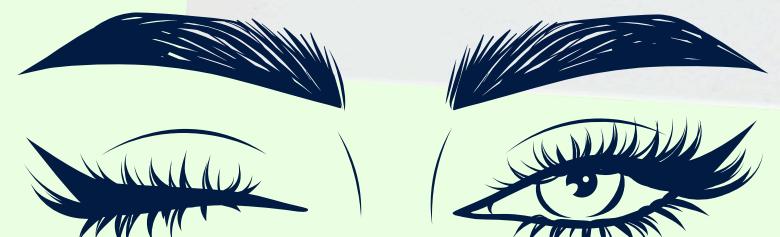


# Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat



← 13



← 13 A



FILM NEGATIVE

# Module 4

Bonus Lecture

Setting Boundaries



**Setting boundaries is crucial to find the balance in life. It is essential for maintaining healthy relationships, achieving personal and professional goals, and protecting your time, energy, and well-being.**

- A boundary is a place where your responsibility ends and another person's begin. (It stops you from doing things for other people that they should be doing for themselves.)
- A boundary also prevents you from rescuing someone from the consequences of their destructive behavior that they need to experience in order to grow.

# Types of boundaries

- **Material boundaries** – things you can borrow like money, clothes, a car etc.
- **Mental boundaries** apply to your thoughts, values and opinions. When you become highly emotional during an argument, or defensive you may have weak boundaries.
- **Emotional boundaries** distinguish separating your emotional and responsibilities from someone else's.
- **Spiritual boundaries** related to your beliefs and experiences with God or the higher power.
- **Physical Boundaries** pertains to personal space or privacy.(hugs or handshakes)
- **Sexual boundaries** protects your comfort level with sexual touch, what, where, with whom and when.





# Setting Boundaries

## Personal Benefits

- **Reduced stress:** Boundaries help manage expectations and reduce stress
- **Increased self-respect:** Setting boundaries shows self-respect and self-value.
- **Improved mental health:** Boundaries protect mental health by preventing overcommitting and burnout.

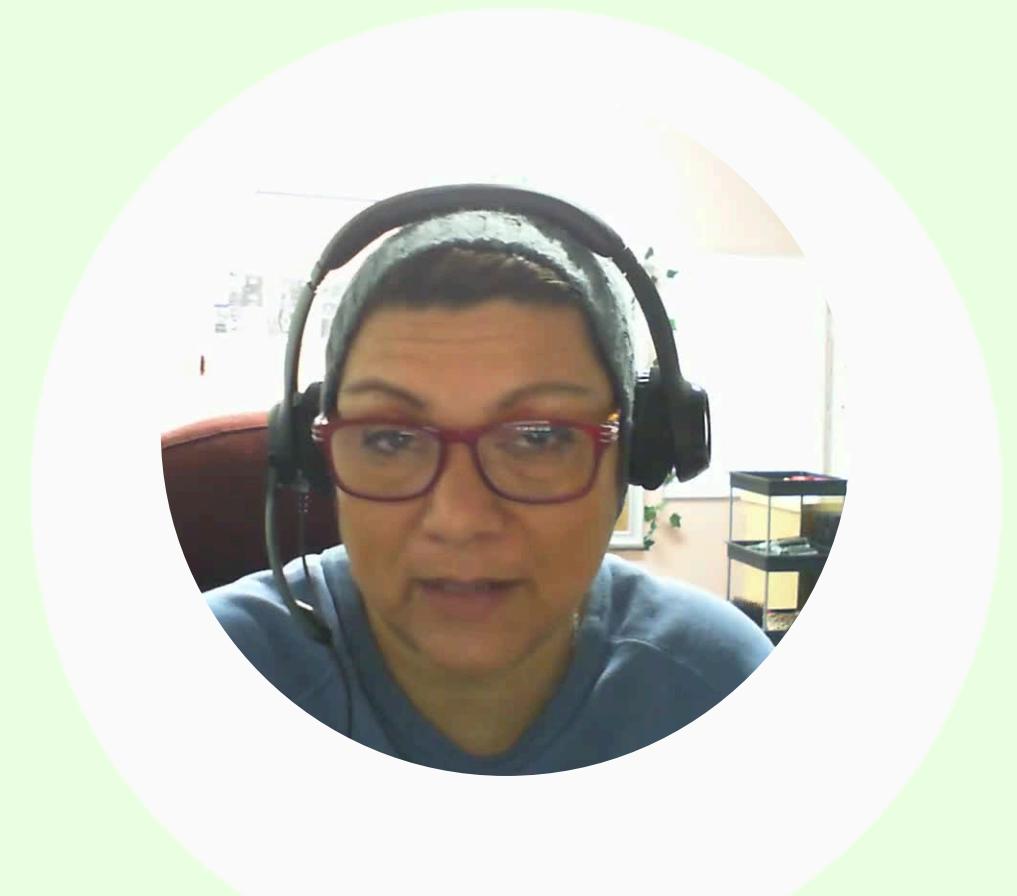




## Setting boundaries with clients is essential for maintaining a healthy and productive working relationship.



- Respect client confidentiality (very important)
- Clearly outline the services you will provide and what is included. Leave no room for doubt.
- Set clear expectations for communication, response times, and deliverables.
- Specify your preferred communication channels (e.g., email, phone, or messaging apps).
- Set clear expectations for response times and availability.
- Establish clear work hours and availability.
- Prioritize breaks and self-care to maintain your energy and productivity.
- Clearly outline your rates, payment terms, and any late payment fees.
- Maintain a professional tone and demeanor in all interactions.
- Communicate your boundaries assertively and respectfully.



Coach Zee



@zeelife coaching

**ZAINAB ACHMAT**

