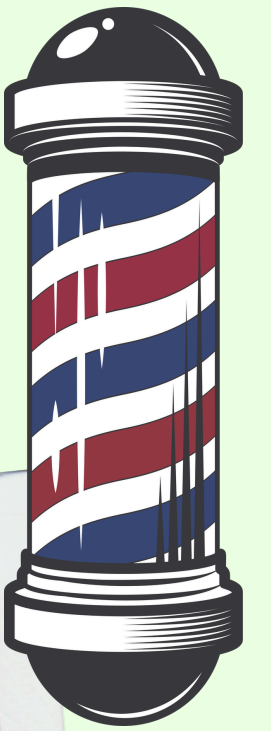


Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat



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

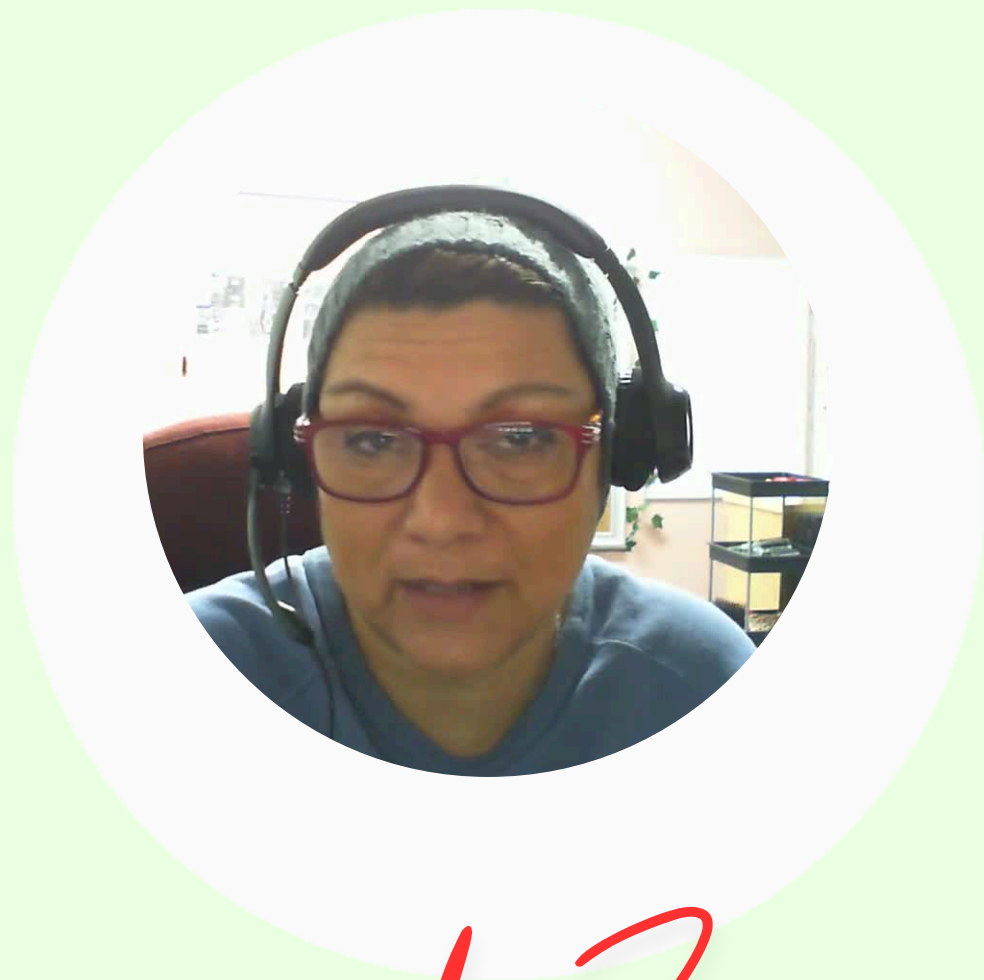
- **Reduced stress:** Boundaries help manage expectations and reduce stress
- **Increased self-respect:** Setting boundaries shows self-respect and self-value.
- **Improved mental health:** Boundaries protect mental health by preventing overcommitting and burnout.





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.



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