

Creating Boundaries, Practicing Curiosity, and Making Requests

Jessica Katz

Introductions

Silently ...

Without words ...

Make eye contact with
someone across the room

Introduce yourself (still
silently)

That awkward moment
you go for a handshake...



... and they go for a hug.

What is a boundary

My Consent

Your Agency

OUR BOUNDARY





Freely Given
Reversible
Informed
Enthusiastic
Specific

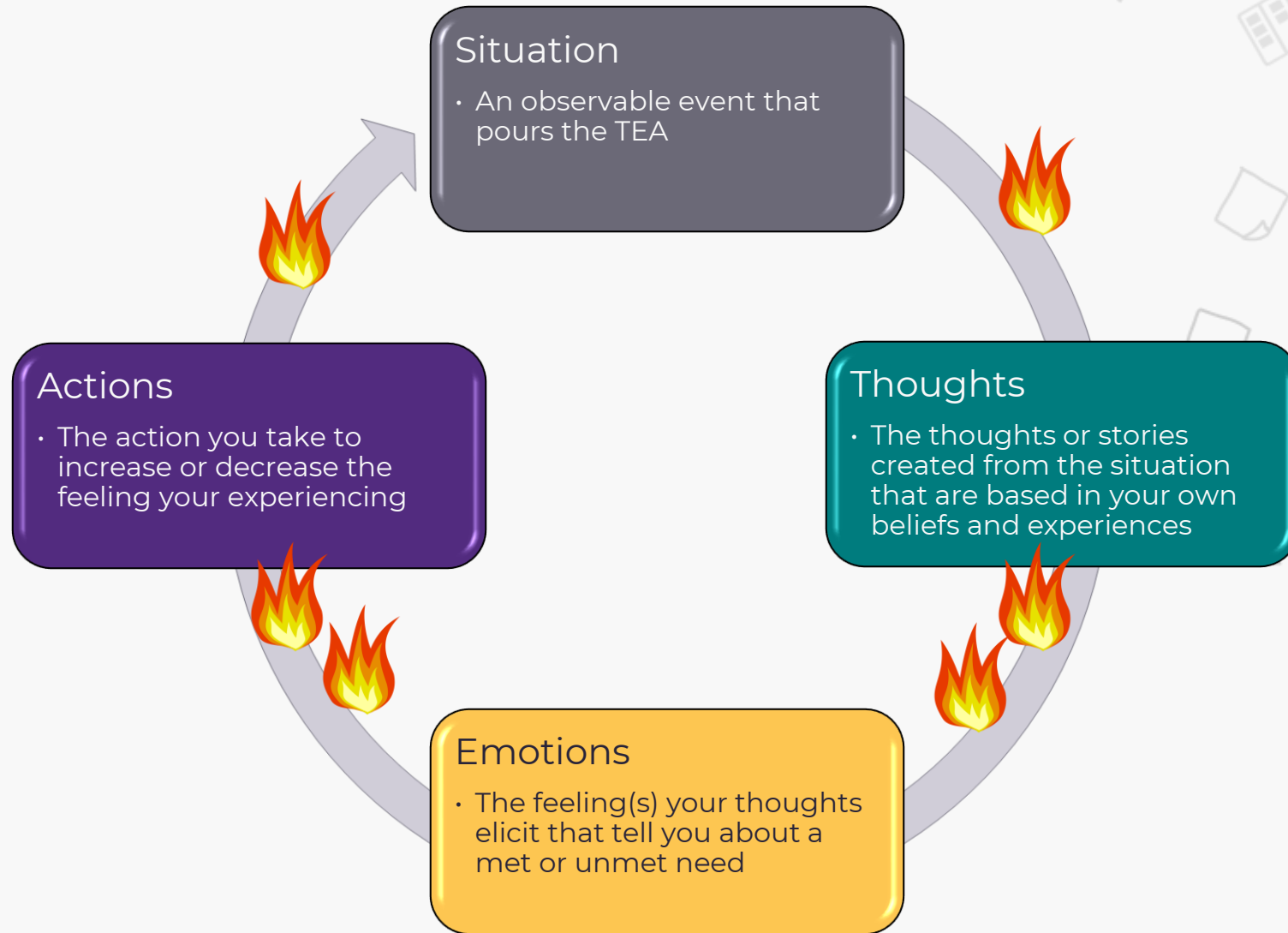
Image source: [Planned Parenthood](#)

What is the risk of keeping our boundaries implicit?



Say what you mean; mean what you say.

T.E.A.



In Case of Fire ...



Stop



Drop



Roll

Rolling with your inner self



Curiosity



Replace the fear of the
unknown with curiosity

~Author Unknown

Inquiries



Less Powerful

- Did
- Can
- Will
- Which

- When
- Where
- Who

More Powerful

- How
- What

Making Requests

Would you ...

- Be willing to <specific action>
- Help me understand <specific request for information>





- Think of a situation
- Write down the observable facts
- Write down your T. E. A.
- Write down your request

Pair up and practice, help each other refine your thoughts and requests.

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Make the elephant in the room work for you