

Online Boundaries Training - St Mungo's

The course aims to provide participants with a clear understanding of boundaries including risks around personal disclosure, dealing with gifts and keeping ourselves and others safe, including the importance of setting and keeping healthy boundaries and identifying situations before things go wrong.

By the end of the session you will:

- Understand the difference between personal and professional boundaries
- Consider the impact of good and bad boundaries
- Understand how to identify boundary crossing
- Consider the importance of confidentiality
- Know where you can go to raise concerns or gain support

Once registered, you will receive a confirmation email containing a web link to the Zoom training session.

Zoom is a free service which you can access using a mobile phone, tablet or computer connected to the internet. If you have never used Zoom, we can provide assistance in setting it up and accessing the course.

This training is provided by St Mungos as part of the Volunteer Network Banes training exchange.

Contact details will be passed on to the organisation delivering the training

Is there a cost?

No, this activity is free of charge.

Who is this aimed at?

Men and women, all ages.

Contact Details

St Mungo's

Phone: 07825 115 775

Email: ralph.lillywhite@mungos.org

When & where does it start?

Thursday 1st September	14:00 - 16:30	1 session	On Line 07825 115 775
Friday 30th September	10:00 - 12:30	1 session	On Line 07825 115 775

Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

www.wellbeingcollegebanes.co.uk