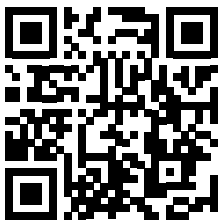




BOUNDARIES IN THE WORKPLACE

Boundaries in general can be tricky to navigate. There are many reasons why we need to set limits to achieve balance. In this workshop, participants will gain understanding on how to improve assertive behavior and how to state your needs in the workplace for better workplace satisfaction.

This workshop is available at **no cost**. To register, click [HERE](#).



Sabine Weil, CMHC

Sabine Weil is a CMHC living and exploring in Utah. She graduated with a bachelor's degree from the University of Arizona then continued with her education to obtain her Master of Counseling from the University of Phoenix. Sabine is trauma certified and feels most comfortable working with individuals or families who are experiencing any variety of problems – from relationships issues to anxiety and/or depression to stress management or trauma. She has worked for many years helping people who struggle with substance abuse and other addictions. Most recently working with children and adolescents in school environments. Her favorite clientele are individuals, couples, and families. However, she views herself as a golden retriever meaning she is happy to work with everyone! Sabine has a deep regard and respect for the individuals she works with and believes that her job as a therapist is simply to be a catalyst in her clients own healing.

October 26th

12:00 p.m. - 1:00 p.m. MT

Event Location:

Online!