The importance of Boundaries

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What are boundaries?

Think of boundaries as a container, as agreements, particularly in the coach-client relationship. It is basically defining what's OK vs what's not OK, the realm in which you are going to operate.

-What is the exchange that will be offered for the work you are going to do? (How much will you charge)

-What is the time that you are going to be spending together? -What is the container (space) that your coaching will take place on?

What are your boundaries for your coaching sessions?

How does it feel like to have clear boundaries?

Within a good container we feel safe. People hire you as a coach to help them out of their comfort zone, and the beautiful paradox is that they won't leave their comfort zone if they don't feel safe with you.

Boundaries create safety for your clients and for yourself as a coach. They empower the relationship and make you feel good.



There are 3 reasons why boundaries are so important:

- 1. They create clarity
- 2. They create safety
- 3. They make true generosity possible

This is as true for the coaching session as it is for life in general, so if you want to truly serve your clients, setting boundaries is the best you can do for them.

Your Notes

