



BOUNDARIES

Coaches in private practice can sometimes struggle with setting healthy boundaries with their clients. Boundaries can have a negative association, but the fact is that having strong boundaries can be the difference between average coaching and truly exceptional (Magnificent!) coaching.

We all know about the need for healthy boundaries in personal relationships. We probably even help our clients establish boundaries in their work and personal lives. As coaches, it is not only important to support healthy boundary but we ought to model them as well.

As coaches, we focus on being of service to clients, giving our time, energy and knowledge to help them lead a more fulfilling and joyous life. We act as sounding boards for some of their most personal and vulnerable issues, thoughts and worries. Because of this, it can be tempting to give a little more time here, and a little more leeway there, in the spirit of being of greater service to them.

When your boundaries are weak, you are left vulnerable to people who take advantage of your time, energy and resources. This leaves you feeling depleted and unable to give your all to any client, and especially to yourself. Most clients will not do this maliciously or even consciously; it's just what happens when you don't set clear, strong boundaries around your work.

Healthy boundaries in the coach-client relationship mean that there are clear limits on what is acceptable behavior for both sides. It allows both parties to know what to expect of the other, resulting in a fulfilling and hopefully wildly successful coaching relationship.

As a coach with good boundaries, you can expect the following results:

- A clear understanding of your boundaries, and the ability to communicate them to others
- The ability to quickly determine when your boundaries have been crossed
- The confidence to know how to deal with boundary violations
- The ability to show respect, trust and confidence in yourself
- Opportunities to demonstrate credibility, integrity and strength to your clients
- The creation of a joyful, rewarding and sustainable career

Here is an article from ICF on the topic:

<https://coachingfederation.org/blog/boundaries-in-coaching>