

5 Types of Boundaries



Personal Boundaries

Keeping my work and home life separated, not being contacted after work hours.



Safety Boundaries

Being able to speak up when I knew something really wrong and potentially unsafe was happening.



Well-being or Emotional Boundaries

Knowing my limits, articulating them to management, and holding to them.



Time Boundaries

Defined times for starting and ending work days, or times when you know you won't be able to work.



Values Boundaries

not working on projects that align to values that oppose our own, or not engaging in activities we find harmful.

Hec Project Work

Daniela Niemeyer



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