



The Dementia Leadership Course
Development. Knowledge. Practice. Networking.

Boundaries and Leadership

From Brené Brown





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Video on Boundaries





Boundaries

Most compassionate people have the most boundaries.

Boundaries = what is ok and what is not ok



Boundaries

What if people are doing the best they can.

It makes life better.

BIG

What **boundaries** need to be in place

To stay in my **integrity**

To make the most **generous** assumptions about you



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The Braving Inventory

Boundaries | You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You're willing to say no.

Reliability | You do what you say you'll do. At work, this means staying aware of your competencies and limitations so you don't over promise and are able to deliver on commitments and balance competing priorities.

Accountability | You own your mistakes, apologize, and make amends.

Vault | You don't share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you're not sharing with me any information about other people that should be confidential.

Integrity | You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

Nonjudgment | I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

Generosity | You extend the most generous interpretation possible to the intentions, words, and actions of others



The Engagement Feedback Checklist

I know that I'm ready to give feedback when ...

- I'm ready to sit next to you rather than across from you.
- I'm willing to put the problem in front of us rather than between us (or sliding it toward you).
- I'm ready to listen, ask questions, and accept that I may not fully understand the issue.
- I'm ready to acknowledge what you do well instead of picking apart your mistakes.
- I recognize your strengths and how you can use them to address your challenges.



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I know that I'm ready to give feedback when ...

___ I can hold you accountable without shaming or blaming.

___ I am open to owning my part.

___ I can genuinely thank someone for their efforts rather than criticize them for their failings.

___ I can talk about how resolving these challenges will lead to growth and opportunity.

___ I can model the vulnerability and openness that I expect to see from you.



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Living into our Values

- As an organization
- As an individual



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Thank you for your participation and leadership with those living with dementia.

Join the Dementia Leadership Network at
www.DementiaLeaders.net

