COURSE AGENDA

Course Title: Setting Healthy Boundaries for Better Workplace Interactions

Start & End Date: April 25, 2023, 12:30 – 2:30pm

Site Name, City, State: University of Florida via In-Person and Zoom, Gainesville, FL

Course Type: ☑ Accounting and Auditing ☐ Technical Business ☒ Behavioral

Number of Credit Hours: 2.0

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<th>Topic</th>
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| Setting Healthy Boundaries for Better Workplace Interactions | • What does a healthy boundary look like?  
• Mindfulness practice to identify signals of when a boundary has been crossed  
• Using emotional intelligence to balance our needs with others’  
• Step-by-step approach to setting a healthy boundary | 120 |