

## **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

| <b>Topic</b>   | <b>Subject Area</b>   | <b>Time (min)</b> |
|--|---|-------------------|
| Setting Healthy Boundaries for Better Workplace Interactions | <ul style="list-style-type: none"><li>• What does a healthy boundary look like?</li><li>• Mindfulness practice to identify signals of when a boundary has been crossed</li><li>• Using emotional intelligence to balance our needs with others'</li><li>• Step-by-step approach to setting a healthy boundary</li></ul> | 120               |