



WB CONSULTING LLC PRESENTS

BANISH BURNOUT

TWO PROVEN METHODS TO SAVE YOUR SANITY

BY WINDY BORMAN

Set boundaries to banish
burnout, inspire creativity, and
elevate your work, life &
relationships



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Setting Boundaries

PERSONAL BOUNDARIES ARE:

"Guidelines, rules, or limits that a person creates to identify reasonable, safe, and permissible ways for other people to behave towards them and how they will respond when someone passes those limits."

- Ann C. James

LIST YOUR BOUNDARIES:

YES	MAYBE	NO

Defining Consent

PLANNED PARENTHOOD* CREATED THE ACRONYM "F.R.I.E.S." TO DEFINE ACTUAL SEXUAL ENCOUNTERS

While this causes some problems when we apply it to professional environments, the acronym is helpful as a starting place to understand consent.



F.R.I.E.S. stands for:

- **Freely given.** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **Informed.** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic.** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

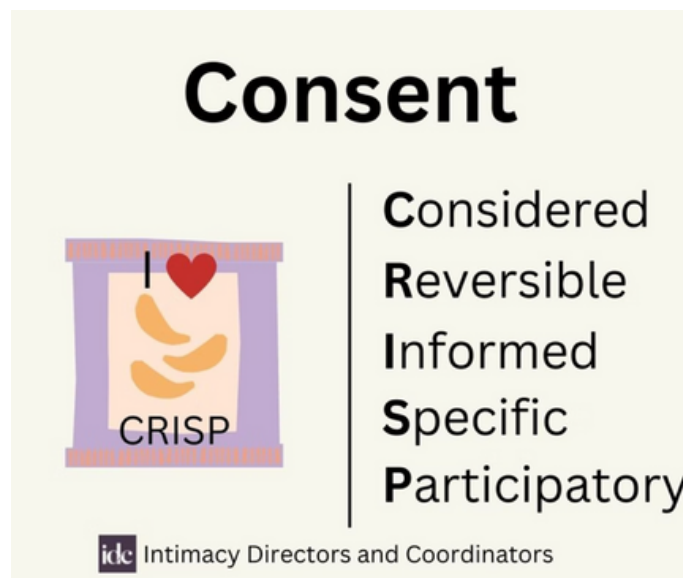
*Source: Planned Parenthood, "Sexual Consent"

<<https://www.plannedparenthood.org/learn/relationships/sexual-consent>>

Re-Defining Consent

IDC PROFESSIONALS* AMENDED THE ACRONYM TO "C.R.I.S.P." FOR SIMULATED PERFORMANCES OF ROMANCE AND INTIMACY

IDC Professionals is one organization training Intimacy Practitioners and Consent-Forward Artists in the United States.



C.R.I.S.P. stands for:

- **Considered.** While we can't fully erase the power dynamics, systemic racism, and other effects of oppression that make freely given consent difficult at work, we can consider all the factors and information.
- **Reversible.** Anyone can change their mind about what they feel like doing at any time.
- **Informed.** Someone can only consent to something if they have the full story.
- **Specific.** Saying yes to one thing does not mean they've said yes to others.
- **Participatory.** People need to be involved in the decision-making process around what happens with and to their bodies!

*Source: IDC Professionals, "Defining Consent: From FRIES to CRISP!"
<<https://www.idcprofessionals.com/blog/defining-consent-from-fries-to-crisp>>

Make It "C.R.I.S.P.y"

THINK OF ONE EXAMPLE WHERE YOUR PROFESSIONAL ENVIRONMENT DOES NOT MEET ALL FIVE (5) ELEMENTS OF CONSENT.

Answer the following questions to make it more consensual.

Considered. While you cannot erase all the power dynamics in the professional environment, what needs to be considered?

Reversible. How will you communicate that anyone can change their mind about what they feel like doing at any time?

Informed. What is the full story? How can you share all the information with the team?

Specific. What are you specifically asking each person to do?

Participatory. How can you get the whole team to participate in decisions?

Final Reflections

What boundaries can you set to reclaim control of your time?

How can you apply the C.R.I.S.P. acronym to your work, life and relationships moving forward?

Learn how setting boundaries banishes burnout, inspires creativity, and elevates your work, life & relationships.

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