



BONNIE KELLY & ASSOCIATES

HELPING YOU GET OUT OF YOUR WAY
AND ON WITH YOUR LIFE

JOIN US for another

Emotional Intelligence Workshop: **Setting Healthy Boundaries**

Boundaries are an important part of any relationship and are often not used correctly, consciously neglected out of fear or guilt, or just plain overlooked. Healthy boundaries are important for a well-balanced and fulfilling life. In this introductory class, learn how to develop clear boundaries to boost your confidence and self-esteem and to give yourself the love and compassion you deserve.

Here you will learn how to recognize and get clear with what your boundaries are, the 11 rules to help you honor yourself by setting guilt free boundaries with people that are constantly overstepping, & healthy boundary setting tips that won't ruin relationships.

Class is being held at:



Thursday, December 8th, at 6:30pm-7:30pm

4820 Business Center Drive, Suite 100, Fairfield, CA 94534

Register on Eventbrite at:

<https://www.eventbrite.com/e/emotional-intelligence-setting-healthy-boundaries->

This class is presented by Bonnie Kelly, CPC, ELI-MP, personal development expert, motivational speaker, author & CEO of Bonnie Kelly & Associates. Our Mission: To inspire help others stop the cycle of self-sabotage, break free of toxic limitations and beliefs, and to become fiercely self-reliant.