



WEBINAR: MAINTAINING HEALTHY BOUNDARIES

CPAS Webinar: September 2025

Thanks so much for joining us for the webinar. Here are links to some things that may be of interest to follow up. Don't try and follow them all up, choose selectively those that will be of most help or interest to you at this time. If you also come across good materials, please do send us a link.

Webinar Recordings

Here is the '[Maintaining Healthy Boundaries](#)' webinar recording on the CPAS Youtube channel.

CPAS Resources

- [Boundaries Review](#) —a CPAS survey designed to help you hear from others about their perspective on your boundaries.
- [Boundaries Health Check](#) - another CPAS resource designed to help you to **identify** a boundary in any area of your life or leadership, **reflect** on what you value that the boundary permitter is protecting, **assess** how fixed or flexible the boundary is, and then **ponder** which direction God might be asking you to travel on the continuum.

Other Resources

- **Being ourselves and Denying Ourselves**, Richard Wyld (Grove). [L 39 Being Ourselves and Denying Ourselves: Losing and Finding Yourself as a Christian Leader \(2020\) - Grove Books](#)
- **Zeal Without Burnout**, Chistopher Ash (Good Book Company)
- **Boundaries**, Cloud and Townsend (Zondervan)
- **Boundaries for Leaders**, Henry Cloud (Harper Business)
- **The Power of No**, Michael Hyatt video (3:00) <https://www.youtube.com/watch?v=5wKQTgKlul4>
- **Five Reasons Why You Need to Get Better at Saying No** <https://fullfocus.co/5-reasons-why-you-need-to-get-better-at-saying-no/>

Key Slide



Quotes

'You don't want to be the person who has too many boundaries. The type who has so many that it abuses your responsibilities, like not agreeing to basic collaboration or reasonable requests. A boundary isn't a catchall excuse. It doesn't justify bad behaviour. It doesn't relieve you of obligations. Too many boundaries can be counter productive.'

Jefferson Fisher

'Boundaries need to be made visible to others and communicated to them.'

Henry Cloud

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