

Help Your Team Help *Themselves!*



7 Reminders to Empower Your Employees to “Get Their Own Kleenex”

If you're tired of stepping in and wanting to set good boundaries with your employees – you're ready to let them “Get Their Own Kleenex!” Empowering people to do what they're capable of doing for themselves will help you to get back to the work of leading your team.

Use this checklist to remind yourself why your employees should (and can) “Get Their Own Kleenex.”

- When I do tasks for employees they're capable of doing for themselves, I prevent them from living up to their full potential.
- Setting boundaries prevents me from becoming angry and resentful of doing things I don't want to do and protects my mental health.
- When I say “no” to making other people's problem, my problem, I'm allowing them to figure things out on their own.
- One sign to know I'm ready to allow an employee to “Get Their Own Kleenex” is when I allow natural consequences, even if I feel guilty.
- I am a caring person when I allow others to “Get Their Own Kleenex.”
- Even though others may not like it, I know I'm ultimately helping them to grow and develop their own emotional intelligence.
- I can handle the anxiety and whatever uncomfortable feelings come up from allowing employees to “Get Their Own Kleenex.”



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Ready to bring your team together? _____

Workplace conflict expert, **Bonnie Artman Fox, MS, LMFT**, is an accredited leadership coach, author, and professional speaker based in Pittsburgh, PA. Known for her innovative **Workplace Family Factor™** and **Conscious Choice** programs, Bonnie equips executive leaders and team managers with powerful communication tools to **stop divisive behaviors, resolve conflict, and build the team trust** needed to create healthy work cultures that drive results.

Take action! Set a complimentary consultation with Bonnie at bonnieartmanfox.com

