

An Introduction to Establishing Healthy Boundaries

Understand the psychology of boundaries in an expert-led discussion that helps break down what defines healthy boundaries and why they are essential. Participants will also discover how to establish boundaries, including confidently navigating boundary discussions in their personal and professional lives.

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Zuraida is the founder and President of Invictus Psychology&Consulting,an international psychology private practice which she established in 2003. Zuraida is a seasoned psychologist with over 20 years of experience in South Africa and 16 years of experience in Canada.Zuraida is an avid volunteer with her professional College and Associations and has received awards for her volunteer work.Zuraida is also a seasoned speaker, trainer and facilitator and has designed and facilitated numerous training offerings in the areas of Mental health and Human Resources Management. Zuraida has been featured in the Canadian Psychological Association's Psynopsis magazine's Advocacy edition and has also written several articles on mental health topics.Zuraida is a passionate social justice advocate and has been active throughout her life and professional career in promoting change, including lobbying for changes to both Canadian and South African legislation. .