

## **Life and Executive Coaching**

Pauline George, M.Ed can help you break through inhibitors and maximize your relationships with the important people in your life beginning with You and including: your Adult Child, your Spouse, your Boss, your Staff, your Team and your Customer. My coaching and training services will take your relationships to the next level. Email to [pgeorge@pgtrain.com](mailto:pgeorge@pgtrain.com), call to 877-549-5843, visit at LinkedIn or [www.pgtrain.com](http://www.pgtrain.com)

### **Description of Setting Boundaries with Adult Children**

Are you confused about what constitutes unacceptable behavior or the behavior that fosters healthy adult child relationships? Are you confused between “helping” and “enabling” in regard to your adult children? Are you frustrated that your adult children are not taking personal responsibility for normal life expectations? Learn to set appropriate boundaries in order to experience healthy relationships, take ownership of one’s life and help your adult children be responsible adults. Help them to “Launch”.