



2025

CORPORATE SERVICES

Transforming Workplaces | Enhancing Lives

[BRAVINGBOUNDARIES.COM](https://bravingboundaries.com)



INTRODUCTION

Work has never been more demanding. Deadlines are tighter, expectations higher and the pace of change shows no sign of slowing down. At the same time, organisations are being asked to do more than just deliver results; they're being called to care for the people behind them too.

Balancing both isn't easy. It takes awareness, intention and a willingness to do things differently.

That's where **Braving Boundaries** comes in.

We help individuals and teams navigate change with clarity, confidence and connection. After two decades in high-pressure corporate environments, I understand the cost of constant responsibility and long hours, as well as the difference it makes when people feel seen, supported and encouraged to bring their whole selves to work.

Inside this brochure, you'll find an overview of what we offer: **Corporate Creative Workshops**, **Enneagram Team Sessions** and **Professional 1-to-1 Coaching**. Each one is designed to spark real conversations, strengthen relationships and help people reconnect with a sense of purpose and balance.

This isn't about quick fixes or corporate jargon. It's about creating space for people to pause, reflect and move forward in ways that feel authentic and sustainable - for themselves, for their teams and for the business as a whole.

Take a moment to read through, see what catches your eye and, if something feels like it could work for your team, let's have a chat. I'd love to explore it with you.



Frieda

Frieda Levycky
Director & Founder



CORPORATE CREATIVE WORKSHOPS

Sometimes the best conversations happen when we step away from our screens. Our Corporate Creative Workshops give teams the chance to pause, reflect and reconnect with themselves and with each other. They're ideal for team building, whether as an introductory session for new teams or simply as a chance to unwind, have fun and connect on a more human level.

Each session includes a short educational talk, a guided workbook and a creative activity, offering space to explore themes such as boundaries, communication and self-care in a relaxed, engaging way. The aim isn't to produce a work of art, but to create time for connection, laughter and honest reflection.

Every workshop is tailored to the needs of the team and designed to be practical, human and enjoyable. People leave with new insights, useful tools and a tangible reminder of the experience to take back into their everyday working life.



I signed up for a workshop with Braving Boundaries despite considering canceling due to a busy week. I'm glad I went, as it turned out to be a fantastic morning. I met wonderful ladies, found the workshop valuable (thanks to Frieda for her warmth and ability to inspire), and the flower arranging was a highlight of my year.

ALISON – CO-FOUNDER
THE PAPERY, CAPE TOWN

I recently attended a fantastic workshop by Frieda and Vee at the Flower Cafe, a beautiful venue. Frieda presented succinct and relevant content, creating a safe space for connection. The thought-provoking exercises fostered a sense of release and preparation for the new year. Frieda's calm and open presentation style was engaging, and I enjoyed Vee's insights, especially on the intriguing history of flowers.

KIM – MOMENTO
ACCOUNTING, CAPE
TOWN

The workshop encouraged reflection on experiences and challenges, offering insights into personal growth. Activities, such as creating a flower bouquet, symbolized cultivating beauty in life, with each element representing significant moments from the past year. This holistic approach left a lasting impact, enhancing self-understanding.

SHIREEN ADAMS –
REGIONAL MANAGER IN
THE FINANCE INDUSTRY,
WESTERN CAPE



ENNEAGRAM FOR TEAMS

IMPROVE YOUR TEAM DYNAMICS AND COMMUNICATION

Every team has its own rhythm: its strengths, blind spots and challenges. The Enneagram helps make sense of it all. It's a personality framework that looks beyond behaviour to the motivation behind it, helping you understand why your team members think and act the way they do. By uncovering the fears, drives and triggers that sit underneath, it allows people to understand both themselves and each other on a deeper level.

Our Enneagram sessions combine individual and team reports with short one-to-one feedback sessions and a half-, full- or two-day workshop. Together, they create the space for teams to explore how they communicate, handle pressure and approach conflict, while learning how to work more effectively together.

These sessions are practical, engaging and often eye-opening. Teams walk away with a clearer understanding of what drives them, a stronger sense of connection and simple tools they can use to communicate more easily day to day.



"We engaged Braving Boundaries for a team assessment (Enneagram) for 6 people and had the pleasure of Frieda joining our team meeting albeit virtual for half a day. Prior to the meeting she sent us the Enneagram Assessments and spent one hour with each of us explaining the results in detail. During the team session she focused more on the team dynamics and how everyone is motivated specifically in relation to other members of the team. She also explained how our team is perceived within the company and what can be achieved to approve our standing.

I have done similar assessments before but what makes this one special is the focus on motivation and how everyone can achieve more, not only explaining the different character traits. She also asked us to do some group work and practical examples during the session so we can apply our newly gained knowledge firsthand on our team members. We had some new team members who joined during COVID which meant we have never met as a group before, but Frieda's open and funny style made everyone feel comfortable to express themselves. As a manager I really appreciated this approach."

TEAM LEADER, EUROPEAN-WIDE CONSULTANCY FIRM



PERSONALISED ONE-TO-ONE COACHING

Coaching gives professionals the space to pause, reflect and gain perspective. It's often introduced when someone is stepping into a new role, facing challenges in leadership or communication, or simply needs support navigating change. It can also be used proactively to help high performers grow with greater awareness and confidence.



At Braving Boundaries, coaching provides a confidential, practical and supportive environment to explore what's working, what isn't and what needs to shift. It's not about fixing people; it's about helping them understand themselves better – their strengths, blind spots and the impact of their behaviour – so they can lead and communicate more effectively.

Sessions are collaborative and focused, blending honest reflection with tools that can be applied immediately in the workplace. Whether the aim is to build confidence, improve team dynamics or manage pressure, coaching helps individuals regain clarity, strengthen relationships and perform at their best.

Frieda is an exceptional coach with over 30 years in law enforcement and management. She helped me realize I could pursue my own goals while achieving success and happiness. Her legal and corporate background allowed her to relate to my issues effectively. I wish I had found her sooner!

GARY, TEXAS, USA

Before working with Frieda, I felt stuck and unraveled. Initially hesitant to seek coaching, I soon found a safe space to address my challenges. After six sessions, I've gained valuable insights, confidence, and a clearer direction for my personal and professional life, which will be assets for the future.

CAPE TOWN ATTORNEY

A professional highlights the value of coaching with Frieda, noting the clarity and actionable plans gained from each session. Frieda asks insightful questions that assist in navigating career opportunities and personal challenges, including loss. The coach comes highly recommended for helping individuals find balance and achieve their desired life.

LAURA, MICHIGAN, USA



WHY IT MATTERS

When people understand themselves and each other better, communication improves, collaboration strengthens and performance naturally follows. Investing in development isn't just about solving problems, it's about helping people grow, adapt and succeed in ways that are both human and sustainable.

ABOUT BRAVING BOUNDARIES

Braving Boundaries was founded by Frieda Levycky, a lawyer and coach with over twenty years of experience in demanding corporate environments. Having seen first-hand the pressure, burnout and disconnection that can come with high-performance workplaces, Frieda created Braving Boundaries to help people work, lead and live with greater clarity, confidence and connection.

Her approach combines corporate insight with practical psychology, offering coaching and training that is relatable, engaging and grounded in real experience. Whether working with individuals or teams, the aim is simple: to help people communicate better, build healthier relationships and feel more fulfilled in the work they do.



GET IN TOUCH

If something in these pages resonates, let's talk about how we can support your team.

Website: www.bravingboundaries.com

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B R A V I N G B O U N D A R I E S

Find the courage to make the change

P R O F E S S I O N A L C O A C H I N G & T R A I N I N G

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