

## Boundary Scripts

Returning to work after maternity leave means balancing new responsibilities at home with existing expectations at work. Setting boundaries isn't about being difficult — it's about creating a sustainable way of working that allows you to thrive both professionally and personally. Use these scripts as inspiration and adapt them to suit your own style.

### When Someone Asks You to Take On More Work

#### Script 1

*"Thanks for thinking of me. Before I commit, can we review my current priorities so I can understand what should move down the list?"*

#### Script 2

*"I'm at capacity right now and want to make sure I deliver high-quality work. Which of my current responsibilities would you like me to deprioritise?"*

#### Script 3

*"I'd like to help, but I don't have the capacity to take this on at the moment."*

### When You Need to Leave on Time

#### Script 1

*"I'll need to leave at 5pm today for childcare pick-up, but I'll make sure everything urgent is covered before then."*

#### Script 2

*"I can stay focused on this until 5pm. If more time is needed, let's discuss alternative options."*

#### Script 3

*"I have a hard stop at 5pm, so let's make sure we use the remaining time effectively."*

## When Meetings Are Scheduled Outside Your Working Hours

### Script 1

*"I won't be available at that time, but I'm happy to contribute in advance or catch up afterwards."*

### Script 2

*"That falls outside my working hours. Could we find an alternative time that works for everyone?"*

### Script 3

*"I won't be able to attend, but please share any actions and I'll follow up."*

## When You're Expected to Respond Immediately

### Script 1

*"I'll review this and come back to you as soon as I can."*

### Script 2

*"I'm currently focused on another priority but will respond by tomorrow afternoon."*

### Script 3

*"If this is urgent, please let me know the deadline so I can prioritise appropriately."*

## When Colleagues Regularly Interrupt Your Focus Time

### Script 1

*"I'm focusing on a deadline right now. Can we discuss this at 2pm?"*

### Script 2

*"I'd like to give this proper attention. Could you send me the details and I'll come back to you?"*

Script 3

*"I've blocked this time for focused work, but let's arrange a time to talk later."*

## When You Need Greater Flexibility

Script 1

*"I've found that starting earlier and finishing earlier helps me manage my responsibilities while maintaining productivity."*

Script 2

*"I'd like to discuss an arrangement that allows me to meet both business needs and family commitments."*

Script 3

*"I'm committed to delivering results and would like to explore some flexibility in how those results are achieved."*

## When You Need to Push Back on Unrealistic Deadlines

Script 1

*"Given my current workload, that timeline will be challenging. Could we discuss alternative deadlines or priorities?"*

Script 2

*"I want to deliver this well. To do that, I'll need until [date]."*

Script 3

*"If this deadline is fixed, we'll need to review what else can be postponed."*

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Want support putting these boundaries into practice? Book a discovery call with The Coaching Nest at [thecoachingnest.co.uk](http://thecoachingnest.co.uk) or email [hello@thecoachingnest.co.uk](mailto:hello@thecoachingnest.co.uk)