

# GETTING REAL ABOUT PERFECTIONISM

## LEARNING TO STRIVE FOR EXCELLENCE INSTEAD OF DEMANDING PERFECTION TO GET THE MOST OUT OF LIFE

In this workshop you will learn about:

- The impacts that perfectionistic tendencies have on health, well-being, relationships, & performance
- The differences between striving for excellence versus demanding perfection
  - The importance of mistakes
  - Strategies for managing perfectionistic tendencies

Workshop delivered by Dr. Danielle Molnar, Dr. Dawn Zinga, and members of  
The Developmental Processes in Health and Well-Being Lab