

# Escaping The Perfectionism Trap

Do you feel you often fall short of your own expectations? Do you set high standards for those around you? It's okay if you said yes – most of us do this!

Being a perfectionist is something that a lot of people pride themselves on. But it may be good to some extent - until it starts causing us stress, and has negative effects on our lives and the people around us.

This session will help you recognise when perfectionism becomes unhealthy and equip you with practical strategies to overcome the perfectionism trap.

## Learning Objectives

- Understanding perfectionism: Recognise when perfectionism becomes unhealthy
- What causes perfectionism and how does it affect us?
- Application: Strategies to overcome our unhealthy perfectionism tendencies

## Content Outline

### **An Introduction to Perfectionism: Behind the Strive for Flawlessness**

- Defining Perfectionism: from a Psychology perspective and in the workplace
- Understanding when Perfectionism becomes unhealthy: Adaptive vs. Maladaptive Perfectionism
- Understand the facets of Perfectionism

### **A to Zs of Perfectionism: What causes perfectionism and how does it affect us?**

- Exploring the factors affecting one's level of Perfectionism
- Understanding the challenge to overcome Perfectionism
- The impacts of Perfectionism on one's wellbeing and workplace

### **Healthy Application Tips**

- 3 practical tips to overcome Perfectionism
  - Mindfulness
  - Restructuring automatic thoughts
  - Overcoming fear of imperfection