



# OVERCOME PERFECTIONISM THROUGH SELF-COMPASSION

4-SESSION WORKSHOP SERIES (IN PERSON)

Got imposter syndrome? What's the difference between perfectionism and striving for excellence? How much fear and anxiety is rooted in believing that you are never doing enough or not worthy enough? Each session explores a different skill that can support you in understanding perfectionism.



MORE INFO

## DATES

Tues, Oct 20 - Nov 10

## TIME

4:00PM - 5:15PM

## GROUP LEADER

Tara Cousineau, PhD

## LOCATION

HUHS, 75 Mt. Auburn Street  
Room info sent after registration.

## CONTACT

tcousineau@huhs.harvard.edu  
Email group leader with student ID. Most benefits  
come from attending all/most sessions.



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Health Services