

Women Redefining Perfectionism: Embracing Flexibility to Achieve Progress

Learning Objectives

- Understand Our Perfectionist Beliefs and Limitations
- Identify, Imposter Syndrome and Offer Tools for Self-Management
- Discover and Release Self-Imposed Standards of Perfection to Foster Flexibility, Adaptability Leading to Greater Creativity, Innovation, and Productivity
- Transform Your Inner Critic into an Inner Coach
- Build Competence in Managing Challenging Perfectionist Types and Demanding Work Environments
- Embrace Challenges Outside Comfort Zones and Set and Achieve Meaningful Goals with Less Stress
- Develop Skills in Soliciting Feedback and Expanding Your Professional Networks
- Recognize, Create, and Celebrate “Situational Wins” for Self and Teams
- Develop Competence to Become a More Decisive and Agile Leader at Work and in Life

Understanding Productive Perfectionism

- Distinguish Productive Perfectionism from Unproductive Perfectionism
- Learn When Perfectionism is Necessary
- Utilize Five Essential Actions for Boosting Productivity
- Turn Actions into New Habits

Cultivation and Coaching Toward Core Positive Emotions

- Effectively Connect and Utilize Three Core Positive Emotions
- Learn Daily Practices to Enhance Emotional Well Being and Productivity
- Create a Shackle-Smashing Action Plan

Pursuing Excellence in Perfection

- Shift from Pursuing Perfection to Striving for Excellence
- Understand the Link Between Unproductive Perfectionism and Imposter Syndrome
- Distinguish Between the “Situational Win” and Perfection
- Develop Practices for Goal Attainment and Increased Satisfaction

Identifying and Expanding Your Comfort with Risk-Taking

- Identify Mindsets Around Risk and Assess Risk-Taking
- Expand Comfort Zones to Have Increased Options and Be More Resilient
- Learn and Use the Three Step Resilience Approach to Risk-Takin

Strategically Building Your Network

- Understand Trust and Selective Vulnerability
- Learn a Step-By-Step Approach to Building Trust Quickly
- Develop Ways to Expand Your Network Strategically

Managing Challenging Perfectionists

- Apply Tools and Strategies to Work with Demanding Bosses, Overachieving Direct Reports, and Challenging Colleagues and Clients
- Learn How to Assess Organizational Culture During Job Interviews

Relaxing Your Self-Limiting Perfectionism and Developing an Action Plan to Becoming a Productive Perfectionist

- Identify and Reframe Self-Limiting Standards of Perfection or “Shoulds”
- Discover Energizing and Playful Activities Outside of Work to Enhance Creativity and Innovatio
- Review Goals from Day One and See What You Have Learned to Help You to Become a More Productive Perfectionist

Wrap-Up: Becoming a Decisive Leader, Today

- Discover How Successful Leaders Make Faster Decisions
- Apply Decision-Making Accelerations Techniques to Leadership Challenges
- Create Your Action Plan