



# KAPNICK STRIVE NOVEMBER WEBINAR

## NAVIGATING PERFECTIONISM: FINDING BALANCE & SELF-COMPASSION

In a world that often glorifies flawless achievements and relentless ambition, many of us find ourselves caught in the web of perfectionism. To learn more about how perfectionism is not always a positive trait, tune into the monthly Strive webinar.

**Date:** Wednesday, November 29, 2023 **Time:** Noon - 12:30 pm EST

**Location:** For Microsoft Teams login info, please register or scan the QR code below.

<https://info.kapnick.com/strive-library>



Kapnick  
Strive