



The Paralyzing Power of Perfectionism

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from Miami Executive Coach and
St. Simon's Episcopal Church

Invite you to

The Paralyzing Power of Perfectionism

How does perfectionism hold you back?
What is Self-Esteem and Universal Self Acceptance?
You will learn how to use the STOP and ACT tools to focus.

WHEN

Saturday June 18th
At 3:00 PM

WHERE

St. Simon's Episcopal Church
10950 SW 34th St, Miami, FL 33165
Ph: 305.221.4753

COST

FREE

305.741.4284 | www.miamiexecutivecoach.com





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Perfectionism: is when preferences become “musts”.

Reference **Dr. Albert Ellis:**

How to control anxiety before it controls you
The Myth of Self Esteem

Universal Self Acceptance: means you are the sum of your decisions, but you are not any one specific decision or action.

Universal Other Acceptance: means you accept and forgive every person on the planet without judgment of actions and effects.

Universal Life Acceptance: means you accept that there are many events out of your control that have a direct effect of you.

Acceptance:

1. Accept the unpleasantness of mistakes and failures
2. Accept the frustrations of other people stopping you
3. Accept the blocks to your desire that events put in your way



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Reference **Tim Gallway**
Inner Game of Stress

ACT

Awareness

Choice

Trust

STOP

Step Back

Think

Organize

Proceed

Slides posted at:

[Http://www.miamiexecutivecoach/stsimon](http://www.miamiexecutivecoach/stsimon)

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