

# Centre for Continuing Education

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## Managing fear and perfectionism skilfully

Kevin Norton / Ianon Yusoff

Managing self-perfectionism can be a challenge for some of us. Similarly, managing it in other people with whom we socialise or work can be demanding. If not handled well, perfectionism has many costs. It can be the source of lost production, failure to meet deadlines, low self-esteem, poor relationships, stress, procrastination, a poor sense of priorities and bad time management. Perfectionism can be channelled positively into excellence. There are degrees of perfectionism and it can be controlled through practical strategies. Perfectionism is often based on fear eg. fear of failure or being seen or judged as incompetent. I need to establish which fears are holding back my personal and career development/achievement. It is important to decide which fears I can live with and which ones I need to address. Strategies for managing the latter are then discussed.

**Please bring a light lunch and/or refreshments for the day.**

Kevin Norton has studied psychology on several occasions, possesses a counselling qualification and is now studying Career Counselling and Assessment. He has developed strategies for dealing with his own perfectionism and fears. Kevin is a qualified teacher, trainer and public speaker.

Ianon Yusoff has achieved a BA in Communications and Public Relations and a Graduate Diploma of Health Promotion (Community Development). She also has a nursing sister background specialising in cardiology.

DATES/TIMES: 9.30am-4pm Saturday 20 September

FEE: \$145 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt enclosed under "Course Information". Please allow enough time to locate your course venue on the day.

*"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"*

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