

PERFEKTIONIZM

WHAT'S IT COSTING YOU?

"Perfectionism is the highest form of self abuse"
-Tao Te Ching

It can also lead to low self-esteem, pessimism, guilt, obsessiveness, procrastination, rigidity, anxiety, co-dependence, and depression. With society's ever increasing demands to perform and conform, it is no wonder that so many are feeling these costly effects. If you resonate with any of these feelings, and are interested in learning more about perfectionism, I invite and encourage you to attend this seminar.

Lesley, the seminar's facilitator, is a professional Life and Spiritual Coach, educator, speaker and writer. She is the creator of Girl Talk, a coaching program which empowers adolescent girls. Lesley is also a recovering perfectionist. After many years of being out of touch with her intuitive and free spirited self, she now experiences the joy, freedom, peace and love that can only come with true self-acceptance. You can learn more about Lesley and the services she offers as a coach by visiting her website at www.collaborativecoaching.ca

Where: Akasha's Den
312 Lakeshore Rd E, Oakville, ON L6J 1J2
When: multiple times per month
Cost: \$50

Registration:

For details email:

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Space is limited so please register early.



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