

Utah Women & Toxic Perfectionism

Brown Bag Networking & Seminar



Speaker

Dr. Kris Doty, PhD, LCSW
*Associate Professor of Behavioral Science &
Behavioral Science Department Chair*

We are delighted to host an opportunity for UVU female employees to network and also listen to a speaker (30 minutes). You are invited to join us to learn & chat!

November 17, 2015

12:00-1:00 p.m.

SC 206c

You can bring your own lunch; we'll provide drinks and dessert bars!

RSVP ONLINE NOW

More information:

www.uvu.edu/uwlp

www.uvu.edu/wsc

Hosts

Michelle Kearns, *Associate Vice President of Student Success & Retention*

Susan R. Madsen, *Orin R. Woodbury Professor of Leadership and Ethics*

Anne Wairepo, *Senior Director, Women's Success Center*

Kathie Debenham, *Professor of Dance*

Often women believe they have to try twice as hard to be considered half as good. While it is healthy to try to be "all you can be," pushing yourself too hard to prove yourself can result in job dissatisfaction, strained relationships, and burnout. Dr. Doty will share her research results as she helps us understand what toxic perfectionism is, how to recognize it in our lives, and how to overcome it. By doing so, we will be free to develop healthy professional relationships and goals that will reveal our authentic, confident self.

Kris Doty, a recovering perfectionist, has done considerable research on this topic particularly as it applies within the local culture.

Come and join us! Please RSVP.