

# The Tyranny of Imperfection: Loving Who You are Where You Are

## "Let's Get Real!" Speaking Series, Part 2

Thursday, March 21, 2013, 7:00 p.m. – 8:15 p.m.  
Sunnyvale Presbyterian Church, YOUTH Room  
728 W. Fremont Ave., Sunnyvale, CA



This is my second talk in the series about “getting real” and will engage us in an exploration of our relationship to perfectionism and it’s sibling, imperfection. Allow yourself some time to delve into intriguing and revealing issues such as:

***What, if any, relationship is there between shame and perfectionism?***  
***What is the difference between healthy striving and self-improvement?***  
***How can we overcome our perfectionism?***  
***What role does self-compassion have in THIS place?***

These are just a few of the topics that will be covered in another interactive presentation where you will be invited to not only mine for the gold in this often uncomfortable and therefore rich place but also receive some tools for keeping your heart focused on your inherent perfection rather than an externally-focused “must be seen as” perfection. Bring a friend and give yourself permission to investigate the gift of intentional conversation around living into what’s real by reserving a seat via email to: [jbhanlon@pacbell.net](mailto:jbhanlon@pacbell.net) . No message required, simply affirm for yourself in the subject line: “RSVP.” “Count me in!” also works!

Love offerings for the gifts you receive will be accepted. Attendees will receive a discounted invitation to an upcoming workshop that will assist you in putting the vulnerability tools to work in your work, play and home scheduled in late Spring.

Curious about my work? Visit my website at [www.vulnerableleader.com](http://www.vulnerableleader.com)