

# The Perils of Perfectionism

## 完璧主義の落とし穴



Striving for perfection in our work can paradoxically impair performance and impact negatively on wellbeing. Prof. Roz Shafran from University College London, UK will talk on The Perils of Perfectionism. Her clinical research interests include cognitive-behavioral theories of a range of conditions including perfectionism. She is co-author of the self-help guide: *Overcoming Perfectionism*

Prof. Roz Shafran  
Wednesday 7<sup>th</sup> December  
17:00 – 18:30  
Seminar Room C209

This will be a Webex Presentation.  
オンラインプレゼンテーションです。

If you would like to attend please register on upcoming events on the Ganjuu homepage.

**This seminar is open to the whole OIST community**  
ご参加をご希望される場合は、がんじゅうホームページより  
ご登録を宜しく申し上げます。



For more information please  
contact us at 098-982-3327  
or [ganjuu@oist.jp](mailto:ganjuu@oist.jp)

