

Pressure to be Perfect – Free 30-min “Lunch and Learn” Webinar

Do you feel pressure to be perfect? Or avoid trying something new because it won't come easily?

To learn how to think differently about high standards and face the fear of imperfection, come to the **Resisting the Pressure to be Perfect** webinar presented by Learn to Live's Dr. Russ Morfitt, as part of Mental Health Month.

Click below to register for one of the following dates and times and **include your code!**

Faculty and Staff – your code is **BLUE4**

Students – your code is **GUSTAVUS**

- [Wednesday, Apr 25, 2018 11:00 – 11:30 am \(CDT\)](#)
- [Wednesday, May 2, 2018 11:00 – 11:30 am \(CDT\)](#)
- [Thursday, May 3, 2018 12:00 – 12:30 pm \(CDT\)](#)
- [Wednesday, May 9, 2018 11:00 – 11:30 am \(CDT\)](#)
- [Wednesday, May 9, 2018 6:00 – 6:30 pm \(CDT\)](#)
- [Thursday, May 10, 2018 9:00 – 9:30 am \(CDT\)](#)

Learn to Live programs are available at no-cost to the entire Gustavus campus. Faculty and staff have access via Blue Cross and student access is sponsored by Health Services, Counseling Center and the Dean of Students Office.