



Tired of Trying to Measure Up? Letting Go of Perfectionism

Presented by Nancie Potter, JD, LMFT

Are you tired of trying to measure up in your personal and/or work life? Do you feel like an imposter? Are “shoulds” getting you down?

If you know the exhaustion of judging, criticizing, and comparing yourself to others, please join experienced presenter Nancie Potter for an interactive workshop to help you learn what drives you to judge yourself harshly and how you can choose to change. You’ll leave this gathering with new knowledge, a brighter outlook, and effective tools for warm self-acceptance.



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When:

Saturday, June 13th, 2020

10am – 12pm

Where:

**The Northwest Catholic
Counseling Center**

8383 NE Sandy Blvd. Ste 205

Portland, OR 97220

Cost: \$30*

Register Online:

nwcounseling.org/services/workshops/

Or Call: (503)253-0964

Pre-registration required. Workshop fee must be paid at time of registration.

**Hardship scholarships available upon request*