Thrive as you Lead Webinar
PREVENTING BURNOUT AND PRACTICING WELLNESS: UNPACKING PERFECTIONISM

Many of us in healthcare have an inner drive to be "perfect"—it is something we were often rewarded for throughout our lives, only to be further reinforced when we entered the world of healthcare. However, is that need to be perfect helping you or hurting you?

In this presentation, you’ll learn the following:

- The difference between wanting to excel and wanting to be perfect
- What is often behind the “need to be perfect”
- Various ways perfectionism can show up at work to sabotage your success and add to your burnout
- What you can do to begin to release your own “need to be perfect”

This series is to provide continuing medical education for healthcare professionals. Each webinar is eligible for AMA PRA Category 1 Credit and physicians should only claim the credit commensurate with the extent of their participation in the activity.

For more information on this webinar, the series and the instructors, please visit the website: https://health.ucdavis.edu/facultydev/faculty-development-offerings/thrive-coaching-webinars.html

For questions regarding registration or the training please contact Alissa Edison at: hs-ucdhsfacultydevelopment@ucdavis.edu

Presented by:
Melissa Hankins, M.D.
Founder and CEO of Melissa Hankins Coaching