

# PERFECTING IMPERFECTION: HOW TO MAKE NICE WITH YOUR IMPERFECT ME

## THE PURPOSE



The Perfecting Imperfection workshop empowers individuals, teams, leaders, and organizations to break free from their limiting beliefs and bring oxygen to ideas otherwise smothered by perfectionism.



## WHAT'S AT STAKE?

While perfectionism can guide us towards achieving goals, this assumptive thinking can limit our success. According to research published in the Journal of Applied Psychology, "employees higher in perfectionism likely experience higher levels of emotional exhaustion and reduced efficacy given the extreme expectations they place on themselves at work and their tendency to doubt their ability to fulfill job demands."

Talented employees find themselves held back by perfectionism and anxiety, which leads to stifled creativity, self-censorship, toxic work environments, and higher turnover rates. Other negative side effects of the "perfectionism trap" include unsustainably long project completion times, fear and doubt around sharing new ideas and strategies, and a blockage in the spirit of collaboration in your workplace.

Paul Hewitt, from  
*The Perfection Trap*,  
by Thomas Curran

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**There's this assumption that perfectionism means we're more resilient...But actually, perfectionism is the opposite of resilient...It makes people extremely insecure, self-conscious, and vulnerable to even the smallest hassles.**

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## THE SOLUTION

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Through play and creative license, we will explore and challenge common perfectionistic tendencies to discover the unexpected ways we can use perfectionism to our advantage. The Perfecting Imperfection workshop is a fun, research-informed training that toggles between experiential and reflective learning, and helps participants get to the core of their perfectionist tendencies, unlocking profound breakthroughs in productivity, happiness, and collaboration throughout an organization.

Offered in 3-hour workshops, full day seminars, and extended engagements, this transformational experience is an enriching and effective way to address this very real problem.

## WORKSHOP OUTCOMES

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This workshop is designed to help your employees, teams, leaders, and organization:

- Locate where perfectionism limits progress and innovation**
- Develop strategies to overcome perfectionism-driven stress, anxiety, and burnout**
- Find ways to acknowledge and celebrate even the smallest achievements**
- Inspire a culture of collaboration and enjoyment without sacrificing quality**
- Increase tolerance for risk and uncertainty to encourage outside-the-box thinking**

**TO FIND OUT MORE**  
**Contact Day2Day Talent**  
**Day2DayTalent@gmail.com**  
**Day2DayTalent.com**

## MEET YOUR FACILITATORS



### STEVE DAVIT

Day2Day Talent co-founder Steve Davit (MBA) is passionate about helping others unlock their latent potential. Steve lives to serve others profoundly by combining his passion for creativity with his obsession with practical applications of science and business strategy.

As a musician, Steve plays saxophone for the electronic-pop duo, Marian Hill, and produces his own sax-tastic music. His talents have led to world tours from Boston to Beijing, opening for Alt-J and blowing his horn at prestigious music festivals such as Coachella and Lollapalooza.

Balancing his dynamic career with family life, Steve cherishes his role as a part-time stay-at-home dad to two young daughters, finding joy and fulfillment in the everyday adventures they share just outside of Philadelphia. With a unique blend of expertise in creativity coaching, musical artistry, and heartfelt mentorship, Steve Davit is dedicated to inspiring others to embrace their creativity, pursue their passions, and lead lives filled with purpose and harmony.

### BRIAN SHAPIRO

Day2Day Talent co-founder Brian Shapiro (MA) is a versatile professional committed to enhancing individual and organizational communication practices through creative professional development programs. Since 1995, Brian has connected artistic expression and professional growth.

Pursuing a PhD in Performance Studies, he explored how creativity can enrich professional dynamics. This led to collaborations with a national professional education startup and the establishment of Shapiro Communications in 2010, a multi-industry creativity-based training company. Currently an instructor at the University of Pennsylvania's prestigious Wharton School and Organizational Dynamics programs, Brian co-founded Day2Day Talent in 2024 as a way to continue advocating holistic approaches to sustainable organizational life and innovation. Brian resides in Philadelphia with his wife and their two sons, where he is also a performing artist, musician, decades-long tai chi and yoga practitioner, and daily meditator.

