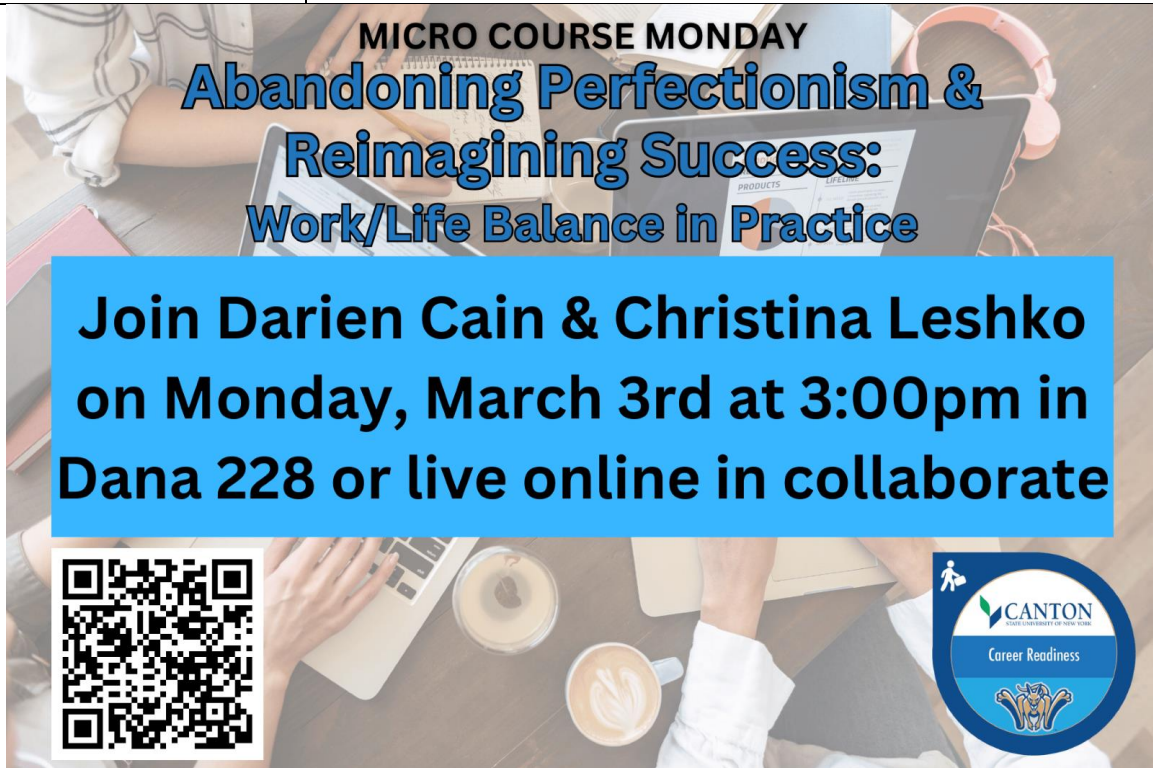


Micro Course Monday – Abandoning Perfectionism & Reimagining Success: Work/Life Balance in Practice

Micro Course	Abandoning Perfectionism & Reimagining Success: Work/Life Balance in Practice
Date	Monday, March 3rd
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Christina Leshko & Darien Cain



This session addresses how deeply rooted cultural expectations, societal gender norms, and personal beliefs influence our approach to work and life. We will challenge the traditional concept of balance and examine why it often feels unattainable or unsustainable, especially for women who juggle demanding careers, family commitments, educational goals, and personal aspirations. Participants will learn to identify their key values and set boundaries aligned with them to create a life that feels authentically theirs. We will also share strategies for self-care, task management, and guilt-free prioritization. This workshop is ideal for women at any career stage who are seeking to make work and life feel less like competing forces and more like a cohesive, fulfilling whole.

Still interested in the topic?

Attend other upcoming events focused on prioritizing well-being and building support systems. Join us on Monday, May 5th for the Meditation & Sound Bath course. The [SUNY Canton AAUW Chapter](#) also provides opportunities to connect with other self-identified women in our community and build an active support network.