

Perfectionism resources: note on usage

1. These resources are provided for educational purposes with the aim of increasing knowledge about perfectionism. They are not intended for any other purposes.
2. Some of these resources may not be suitable for younger learners. Before using them, please ensure that the learners are able to understand the content of each resource and respond independently.
3. If there are any concerns regarding the mental health of recipients, these concerns need to be reported via appropriate routes (e.g., welfare officers). The materials are not designed for use with individuals who require mental health support.
4. Prior to use, we encourage instructors to reflect on their own opinions regarding perfectionism and to avoid imposing these views on those using the resources.
5. We also recommend that the resources are considered in the context of any club or school ethos. The resources do not align with some competitive mindsets (e.g. "you must always be the best").
6. Please review all resources prior to using them to ensure you consider the content is appropriate.
7. These resources are provided under the [Creative Commons Attribution 4.0 International licence](#).

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