

HOW TO STUMBLE PROUDLY IN A PERFECTION OBSESSED WORLD

We all stumble — through anxiety, uncertainty, and the moments that make us feel “not enough.”

But what if those stumbles weren't signs of weakness...

What if they were stories that connect us?

Join Loyola alum, professor, and psychologist Dr. Shreya Hessler for a conversation inspired by her TED Talk on battling perfectionism in the modern world. Alongside her clinical and teaching work, she's gained national attention for her approach to digital well-being—her “Digital Detox” course was featured in The Washington Post.



SCAN THE QR CODE TO WATCH DR.
HESSLER'S TEDX TALK



www.drhessler.com

February 18th, 2026, 6:30-8:00 pm

LOCATION

Sponsored by Psi Chi & Psychology Club