



**THE LIGHTHOUSE®**  
CENTER FOR WELLBEING

SCHOOL COUNSELORS CONNECT

***Join us for a Morning of Learning  
and Networking on the topic of***

***Performing Under Perfectionism***

**Helping Students Thrive Alongside Expectations**

**(In-Person Panel Discussion)**

***Thursday, January 29<sup>th</sup>, 2026***

***8.30 am – 10 am***

**Join us for a dynamic panel discussion around practical strategies for  
school counselors to support students and parents.**

Perfectionism and pressure are increasingly impacting students' wellbeing and academic performance. School counselors are often at the frontline of helping students cope with these challenges — while managing parental expectations that may unintentionally add stress.

This panel discussion will provide practical, evidence-based strategies that you can implement immediately in your school counseling practice.

**Key takeaways:**

- Learn how to recognize perfectionism early and spot the warning signs in students.
- Be able to support students with confidence, by learning practical exercises to reduce fear of failure and build resilience, self-compassion, and self-belief.
- Discover phrases and empowering language that can be used to create safety and motivation in school, without reinforcing pressure.
- Gain strategies to work constructively with high-expectation parents and families, while protecting student wellbeing.

**Panelists:**



Dr. Scott Whitfield, DSportExPsy (UK)  
Sport & Exercise Psychologist  
PERFORMANCE COACH



Christine Kritzas, MA (South Africa)  
Psychologist

**Facilitated by:**



Dr. Daniela Salazar, PhD (Colombia)  
Clinical Psychologist  
EDUCATION DIRECTOR

**This is an in-person event for school counselors only, taking place at The LightHouse Arabia.**

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Register  
[lighthousearabia.com/events](http://lighthousearabia.com/events)