

Tara Cousineau, PhD

Podcast & Motivational Speaker / Perfectionism Coach

I blend science, storytelling, and real-world strategies to help high achievers overcome perfectionism, quiet their inner critic, and thrive.

Tara Cousineau is an author, psychologist, meditation teacher, and coach with over 20 years of experience in helping high achievers become their best selves with ease and confidence. Dr. Tara works with individuals, groups, and organizations to cultivate inner worth, inner humanity, and inner leadership for a better world.

SIGNATURE TOPICS

- ✓ Overcoming Perfectionism - Why "good enough" is the secret to lasting success
- ✓ Befriending the Inner Critic - How to stop being your own worst enemy
- ✓ Managing Burnout and Stress - Science-backed strategies for high performers
- ✓ Mindful Self-Compassion - Why it's the ultimate success strategy
- ✓ Prioritizing Mental Health in the Workplace - The new non-negotiable

HARVARD-TRAINED
PSYCHOLOGIST

AUTHOR

LIFE COACH FOR
HIGH ACHIEVERS

MEDITATION
TEACHER

KIND  MINDS

QUOTED IN

Well

WIRED

TIME


TODAY

LET'S TALK!

PODCAST GUEST

- **Actionable Insights:**
Science-backed strategies to transform perfectionism and thrive
- **Expert, Relatable Voice:**
Harvard-trained psychologist with a warm, engaging style
- **Timely Topics:**
Burnout, self-compassion, and success without the stress

SPEAKING

- Keynote Talks
- Panelist
- Subject Matter Expert

WEBINARS

- Half-Day Seminars
- Lunch & Learn



CLIENT FEEDBACK



"Can I bring you to work every day?! The realization that it takes more people to create an upward spiral of positivity to offset that one negative coworker really hit home. I know what we need to do now... top down and bottom up, it pays to be kind." ~ *Jennifer G.*



"The most important thing for me was realizing that (1) I have perfectionistic tendencies that aren't helping me and (2) other people have them, too. I'm not alone in this. Of the things we've learned, I will be intentional about absorbing positive experiences and not dismissing my efforts." ~ *Phil T.*

LET'S CREATE A POWERFUL EPISODE TOGETHER!

I'd love to bring insight, humor, and real solutions to your audience. Let's help high-achievers stop hustling for their worth and start embracing their success—without the stress.



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