

## Vitale Buford | Overcoming Perfectionism



Vitale brings her perfectionism training and concepts to life in a fun and relatable way, empowering teams and companies to transform the way they work, produce, and relate. A change agent transforming organizations, groups, and individuals, Vitale is an iPEC-certified executive coach, trainer, award-winning speaker, and author. Featured in *The New York Times*, she is the author of the book, *Addicted to Perfect*, detailing her 10-year struggle with Adderall and perfectionism. Her experience includes more than a decade working in marketing and business development for a variety of industries and professional service organizations. She combines her personal experience, professional education and training, and her specialized healing techniques together to create a unique coaching system – one that gets to the root of the issue to bring about lasting and real change. She loves traveling, Fleetwood Mac, morning walks, and lives in Kentucky with her fiancé, son, and dog. You can learn more about Vitale at <https://vitalebuford.com/corporate/>