

# PROJECT

## Parents & Carers

### Listen to [The Imperfects](#) Podcast

Teaming up with one of Australia's most successful comedians, **Ryan Shelton**, and his very talented brother **Josh van Cuylenburg**, **Hugh** has put together a podcast which is all about how perfectly imperfect we all are.

Constantly comparing ourselves to others can not only be exhausting, but extremely harmful. However, when we share our struggles, we start to realise that everyone, no matter how successful, has something they are battling with.

In this podcast **Hugh** will be chatting to a variety of interesting people who will be bravely sharing their struggles and imperfections. **Ryan** will then join him to discuss some valuable take-aways we can all apply to our own imperfect lives.

[CLICK HERE](#) to listen directly to [The Imperfects](#) or find out what platforms you can stream through for your next walk, run, ride or road trip with friends or family!

