

Imposter Syndrome

Self-confident people seem at ease with themselves and their work. They invite trust and inspire confidence in others. These are all attractive characteristics to have.

It is not always easy to be confident in yourself and our internal thoughts can hijack how we feel. This process is known as 'Imposter Syndrome'.

Have you ever found yourself thinking...

- They will find me out soon
- Who will listen to little old me?
- The rest of the room knows more than me
- If only I could feel more confident

Imposter Syndrome affects over 70% of people at some time or another but studies have shown that the most likely to suffer from this are high-achieving women with high standards, but this also affects men too.

Course objectives:

- ✓ Learn that IS feelings are common and this knowledge alone, can be tremendously freeing
- ✓ Learn to separate feelings from facts to tackle IS thinking
- ✓ Be able to develop a healthy response to failure and mistake-making
- ✓ Develop tools to encourage a more positive mindset and behaviour