



Workshop

Overcoming Imposter Syndrome

Overview

This workshop helps professionals overcome imposter syndrome by understanding its origins, identifying the underlying beliefs that fuel self-doubt, and learning practical tools to shift their mindset. Participants will learn strategies to challenge their imposter thoughts, let go of perfectionism, and build lasting confidence to authentically embrace their professional achievements.

Learning Objectives

- Understand imposter syndrome: Gain clarity on what imposter syndrome is, why it happens, and how it affects your professional life.
- Identify personal triggers: Recognize the specific beliefs and behaviors, such as perfectionism, people-pleasing, or procrastination, that contribute to your imposter feelings.
- Develop practical strategies: Acquire tools and techniques to manage self-doubt, such as reframing thoughts, celebrating successes, and practicing self-compassion.
- Shift your inner narrative: Learn to quiet your inner critic and replace negative self-talk with a more authentic and confident inner voice.
- Embrace your accomplishments: Move past the feeling that your successes are due to luck or deceit, and instead, learn to own your achievements with confidence and authenticity.

Delivery

Face to face with facilitator or Online via Zoom

Duration

Half day

Cost

\$2000

*Pair with The Assertive Professional ½ day workshop for full day \$3300

Location

Venue to be provided by client

Maximum participants

25

