



# EXPLORING IMPOSTER SYNDROME

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Breakfast Workshop  
Edinburgh  
Friday 10th January 2020  
9.30am - 12.30pm



**£65 + vat per person**

# DO YOU:

- find yourself comparing your life/career/figure to others and feel like you're falling short?
- have the fear of being 'found out' and keep wondering when your time will be up?
- talk your accomplishments down by putting it down to luck?
- tell yourself that you only got your promotion because there was no else for the job?

Imposter Syndrome is a term that has been around since the 1970's and has been building momentum recently, becoming a very real and common issue, particularly in the workplace.

Let's talk about, get it out in the open and face it. With 70% of the population identifying with Imposter Syndrome, it's here to stay, but let's discover ways to deal with it.

join us for a wonderful morning exploring the topic.

# agenda

## **INTRODCTION**

**Meet your Imposter - 'The Thief of Joy'**

**What is Imposter Syndrome and how did we get here?**

**How does your Imposter Syndrome manifest itself?**

**Exploration of the common triggers;**

- Perfectionist**
- Expert**
- Natural Genius**
- Soloist**
- Superwoman/man**

**What is your 'crusher' and what strategies can you employ to step into success and develop your confidence and self-belief?**