

Overcoming Imposter Syndrome in the Workplace

Open Programme

This course will be delivered virtually.
Cost - £245 plus vat, per person

Duration

3 hours

Course Overview

This workshop offers a clear understanding of what Imposter Syndrome is and how and why it impacts on us in the workplace. Delegates will explore skills and practices to help grow professional and personal confidence.

Core development objectives covered

- What is Imposter Syndrome?
 - Where does it come from?
- How does it affect us in the workplace?
 - Why it is a particular challenge for women
- Recognising Imposter Syndrome in yourself and others
 - Shame-based driver
 - The Deadly P's
 - The Five Imposter Beliefs & Behaviours
- Learning how to let go of these imposter beliefs
 - Growing personal confidence
 - Developing self-belief
- Cultivating the 3 C's
 - Replacing self-criticism with self-care
 - Connection / Curiosity / Courage
 - Moving out of our comfort zone
- Supporting people with Imposter Syndrome
 - Spotting the symptoms
 - Offering the correct level of support



For a booking form please contact kellyhatton@futureproof-training.co.uk