

Imposter Feelings Follow Up



- Would you value a safe space to discuss your personal progress with other Doctors since attending the Overcoming Imposter Feelings webinar?
- Keen to keep growing your self-awareness and tool kit to push to the edge of your comfort zone?
- Intrigued about how to develop new helpful habits that encourage career growth?

If yes, this short and practical follow up group coaching session is for you!

Focus of the Group Coaching:

Together we will celebrate the big and small successes you have had since attending the session to remind ourselves how important it is to register our achievements, strengths and positive growth.

We will discuss the common cognitive distortions/thinking errors that can be present when our imposter experience is strong and consider ways to keep consciously and deliberately building our awareness when this is happening in order to replace faulty thinking.

As a group, we will also explore how knowing more about neuroplasticity can support you as you develop helpful habits moving forward.

Why is this subject important to revisit?

- We know that the brain needs to be consciously aware of issues in order to re-wire thoughts, feelings and behaviours – by revisiting this topic together we can spot where we have made helpful changes and identify if there are any aspects that we can continue to work on
- The AGES model of learning reminds us that we learn best when we can integrate new learning to existing knowledge, engage our emotions and have time between sessions to digest insights and information and put it into practice. <https://neuroleadership.com/your-brain-at-work/ages-model-for-learning>

Date: Tuesday 28th January 2025 Time: 9.15am – 11.15am (Registration at 9.10am)

Your Host: Sally Beyer is a qualified and experienced coach, careers advisor, trainer and facilitator, with over twenty-eight years' experience of supporting professionals from a wide variety of sectors. For more details or to ask a question visit: <https://www.linkedin.com/in/sally-beyer/>