



## Overcoming Imposter Syndrome Webinar

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- Are you scared that one day your colleagues will find you out as a fraud?
- Do you sometimes feel you are not clever/qualified enough?
- Constantly struggling with self-doubt?
- Ever thought your success was down to luck rather than your ability?



**If you are asking yourself these questions you might be grappling with Imposter Syndrome.**

Take heart, you are not on your own and there are ways to thrive despite it!

[To find out a little more about Imposter Syndrome watch this 4-minute clip.](#)

**Want to build confidence, maximise your potential and finally feel 'good enough'?**

Join this interactive webinar that will equip you with evidence-based knowledge about imposter syndrome and some techniques to help you flourish.

In a confidential and supportive space, we will consider what it actually is, where it comes from and which groups of people are more likely to suffer from it.

**By the end of the webinar you will be able to:**

- Describe what imposter syndrome is, recognise its prevalence and potential causes.
- Identify the different drivers, beliefs and behaviours behind it.
- Use practical skills and techniques to help you manage your imposter feelings and develop confidence to take action.

**Why is this subject important? If we don't tackle our own Imposter Syndrome we might:**

- suffer exhausting cycles of procrastination and over-work.
- experience heightened self-doubt, self-criticism, low confidence and self-worth.
- not realise our full potential or make our fullest contribution.
- experience increased stress and burn out.

This pilot webinar is suitable for trainees returning from OOPR to support the COVID-19 crisis.

**Your Host:** Sally Beyer is a qualified and experienced coach, careers advisor, trainer and facilitator, with over twenty-four 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/>

**Comments from previous workshop participants:**

*"It makes you think about and recognise your negative thought patterns, things that you can do to mediate them. Helps you realise why you might be feeling like an imposter in the first place and encourages you to be more self-aware"*

*"Helped me get to grips with why I feel like an imposter at times and provided some strategies to deal with it"*