

Imposter Syndrome

How to Break the Cycle of Self-Doubt

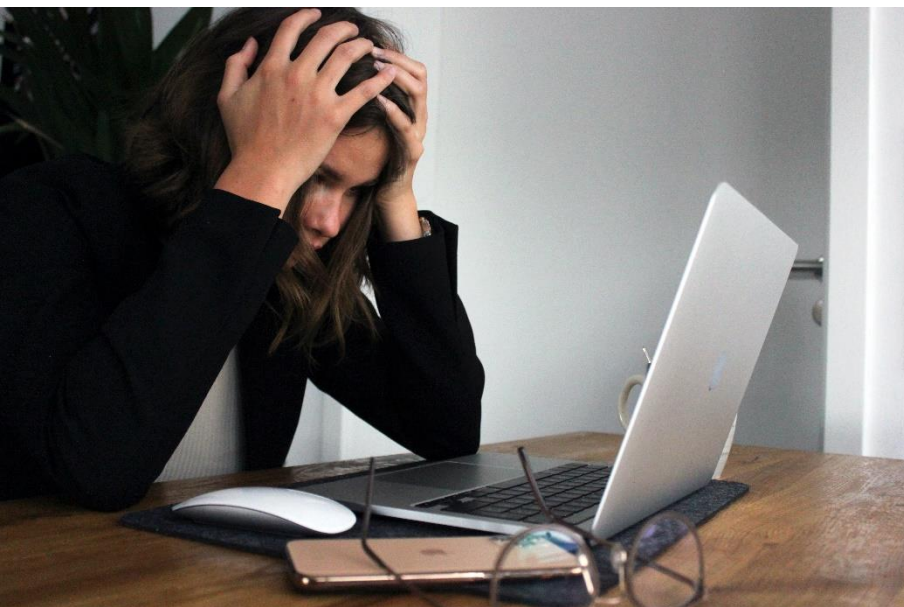
Program Details

Despite our exceptional academic and/or professional achievements, many of us, at some point or another, will experience persistent feelings of inadequacy, chronically second guessing ourselves. This chronic self-doubt can leave us thinking we are frauds and don't deserve our success. We even go so far as believing our accomplishments are due to luck or some kind of error in the system. We literally think that someone is going to find out about our intellectual fraudulence, and it will all be over for us.

Does this sound like you? The first step to overcoming Imposter Syndrome is to recognize it in ourselves and to understand where it comes from.

- What is Imposter Syndrome and how does it affect your work?
- It is generally accepted that women are more likely to fall prey to Imposter Syndrome than men, but is that true?
- Is there a proactive approach to Imposter Syndrome?
- Should we fight Imposter Syndrome or turn it into our ally?
- Why is Imposter Syndrome common among high achievers?

We will be addressing these issues and more so don't miss out!



Training Length

1 – 1.5 Hours