



COMBATING IMPOSTER SYNDROME

Combating the effects of Imposter Syndrome

2 MODULES AND
10 LESSONS
3-4 HOURS

MULTIMEDIA FOR
VARIOUS LEARNING
STYLES

ALL THE TOOLS
NECESSARY FOR
SUCCESS

MODULE 1: KNOW YOURSELF – UNDERSTANDING THE PROBLEM

Learn how your values, beliefs and experiences shape how you think

LESSON 1

Are You Good Enough?

LESSON 2

Who's The Real Critic?

LESSON 3

Owning Your Truth And Narrative

LESSON 4

Who's Opinion Matters?

LESSON 5

Do You Know Your Worth?

MODULE 2: THE PROCESS OF REBUILDING -FIXING THE PROBLEM

Utilising the tools at your disposal to reframe and plan a strategy

LESSON 1

Weapons In Your Arsenal

LESSON 2

Reading The Room

LESSON 3

The Power Of Reframing

LESSON 4

Getting Your Head In The Game

LESSON 5

Preparation On The Parapets