



# Combating Imposter Syndrome



## Overview/ Description:

Have you ever thought to yourself, “I’m a fraud. People are going to find out that I’m not qualified for this role”? If so, you might be suffering from Imposter Syndrome! Imposter Syndrome is an insidious, internal voice that tells you that you aren’t good enough, you aren’t qualified enough, you somehow stumbled into this role, and you’ll be found out sooner rather than later. This session will detail the components of Imposter Syndrome as well as practical approaches to push past it to stand in your power!

## Workshop Objectives:

**This training will help you:**

- Identify the main components of Imposter Syndrome
- Describe ways Imposter Syndrome can manifest in your life and work
- Implement practical approaches to combat Imposter Syndrome



### TARGET AUDIENCE:

ANYONE WHO STRUGGLES WITH FEELING CONFIDENT OR COMPETENT IN THEIR ROLES BOTH WITHIN AND OUTSIDE OF THE WORKPLACE AND WANTS TO WORK TOWARDS MORE CONFIDENCE IN THEIR WORK OR LIFE



### EXPECTED DURATION:

45–60 MINUTES