

<b>Title</b>	<b>Overcoming the Imposter Syndrome</b>
<b>Duration</b>	<b>One Day</b>

<b>10:00</b>	<b>Introductions and welcome</b>
<b>Session 1</b>	<p>What is the Imposter syndrome and how do we identify it?</p> <p>Where does it come from?</p> <p>Who are we comparing ourselves to and why?</p> <p>Looking at the consequences of Imposter Syndrome</p>
	<b>Refreshment Break</b>
<b>Session 2</b>	<p>Telling our stories</p> <p>Looking at how the workplace has shaped us and whether we want to take another path?</p> <p>How would we be if we were free from Imposter Syndrome?</p>
	Lunch
<b>Session 3</b>	<p>Focusing on our strengths and capabilities</p> <p>Looking at our skills objectively</p> <p>Taking stock of our achievements</p>
	Refreshment Break
<b>Session 4</b>	<p>Strategies for keeping confident at work</p> <p>Dealing with setbacks</p> <p>Steps to take the learning back into the workplace</p> <p>How to monitor your progress</p> <p>Learning review</p>
<b>16:00</b>	<b>Close</b>

## **Overcoming the Imposter Syndrome (Trainer: Jo Clift)**

- It is staggering how many people suffer from imposter syndrome. Did you know that Meryl Streep, Albert Einstein and Maya Angelou all suffered from this condition? It can have a negative effect on our work and the way that we view ourselves in the workplace. The Imposter Syndrome describes a condition where we feel that we don't deserve the position or responsibility that we have. We find it difficult to take pride in our achievements and have the feeling that we are a 'fraud'.