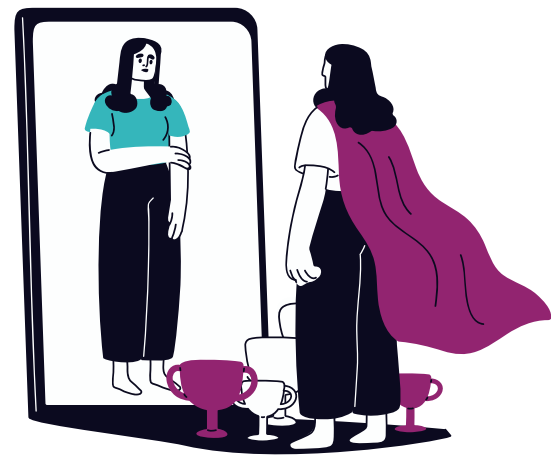


# CHALLENGING THE IMPOSTOR MINDSET

[www.workwithimpact.co.uk](http://www.workwithimpact.co.uk)



## WHAT IS THE IMPOSTOR MINDSET?

The impostor mindset or phenomenon is the internal experience of “professional phoniness” - the belief that you are not as competent as others perceive you to be and your accomplishments derive from luck rather than genuine ability and hard work. This mindset is typically characterised by:

- Strong focus on setbacks and failures over achievements
- Excessive self-criticism
- Perfectionism
- Unhealthy comparison to colleagues

## THE COST OF FEELING LIKE AN IMPOSTOR

If not challenged, the thinking and behavioural patterns associated with the impostor phenomenon can have a negative effect on the wellbeing and professional development of an individual. They can lead to:

- Low motivation
- Inhibited creativity
- Increased risk of burnout
- Reduced productivity
- Self-sabotaging

Training and development opportunities such as workshops can help create awareness of the phenomenon and support individuals who might be experiencing it to find new and effective ways to challenge it and build self-confidence.

## AT A GLANCE

### THE PACKAGE

Impact offers an in-house half-day workshop that aims to help your employees recognise the characteristics of the impostor mindset and how it can be tamed to feel happier and more confident at work.

The objectives of the workshop are to:

- Explore the characteristics of the impostor mindset
- Identify common triggers and individual response patterns
- Discover strategies to challenge the impostor mindset and build self-confidence
- Develop a self-compassion practice to overcome self-criticism

The workshop is highly interactive and provides delegates with a safe and supportive space to engage in discussions and personal reflection.

### COSTS

£2500 + VAT\*

\*Pricing is based on groups of up to 24 in-house delegates, and one half-day workshops delivered by two facilitators.

Please contact us for further details and to enquire on costs for the additional Strengthscope intervention.

### Recommended additional intervention:

Strength-based assessment & individual or group feedback.

Using the Strengthscope psychometric as part of development and adopting a strength-based approach can help build awareness of natural strengths and how those can be used to achieve peak performance and build self-confidence.

Please enquire for further details.