



Women in Business – Overcoming Self-Doubt & Imposter Syndrome



Duration: Half / 1 Day



Ideal Group Size: 10 to 12 People

Course overview:

This workshop supports women in the workplace and offers a clear understanding of what imposter syndrome is and how and why it impacts on us. Delegates will explore skills and practices to help grow confidence, understand self-doubt and develop a positive outlook.

Who would benefit from attending:

This workshop is ideal for all people who want to silence self-doubt, overcome imposter syndrome and build confidence and assertiveness needed to develop greater authority and impact.

Core learning objectives covered:

- Why is imposter syndrome and self-doubt a challenge for women?
- Bias and misunderstanding
- Fear of failure
- Recognising imposter syndrome in yourself and others
- The five imposter beliefs and behaviours
- Learning how to let go of these imposter beliefs
- Cultivating the 3 C's
- Replacing self-criticism with self-care
- Moving out of our comfort zone
- Supporting people with imposter syndrome
- Spotting the signs and symptoms
- Offering the correct level of support
- Key communication skills
- Building rapport with others
- The power of language, tone and voice

Delivery methodology:

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk