



READY, SET, GLOW

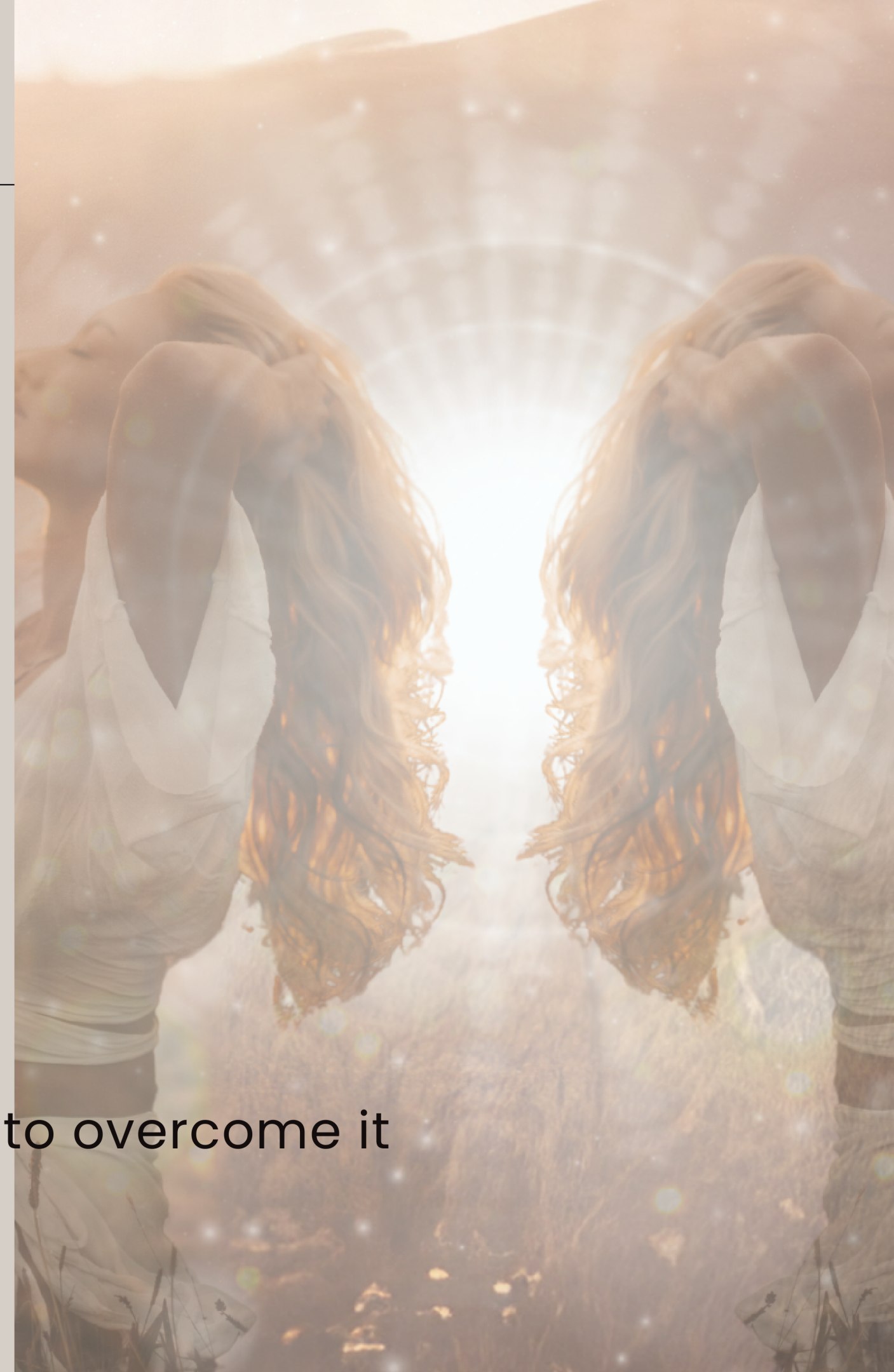
WEEK 5

- OVERCOMING IMPOSTER SYNDROME -

OVERCOMING IMPOSTER SYNDROME

THE KEY OBJECTIVE FOR TODAY:

Understanding **what** imposter syndrome is and **how** to overcome it





THE PLAN FOR TODAY

Exploring **what imposter syndrome truly is** and **where it actually comes from** (a lot of people know of imposter syndrome, few understand what it actually is)

Understanding **how imposter syndrome can be overcome**

Understanding **cognitive reconstruction** and the **power of neuroplasticity** (which is, our method for overcoming imposter syndrome)

Homework demo for the work that is going to start the overcoming of any imposter syndrome you may have

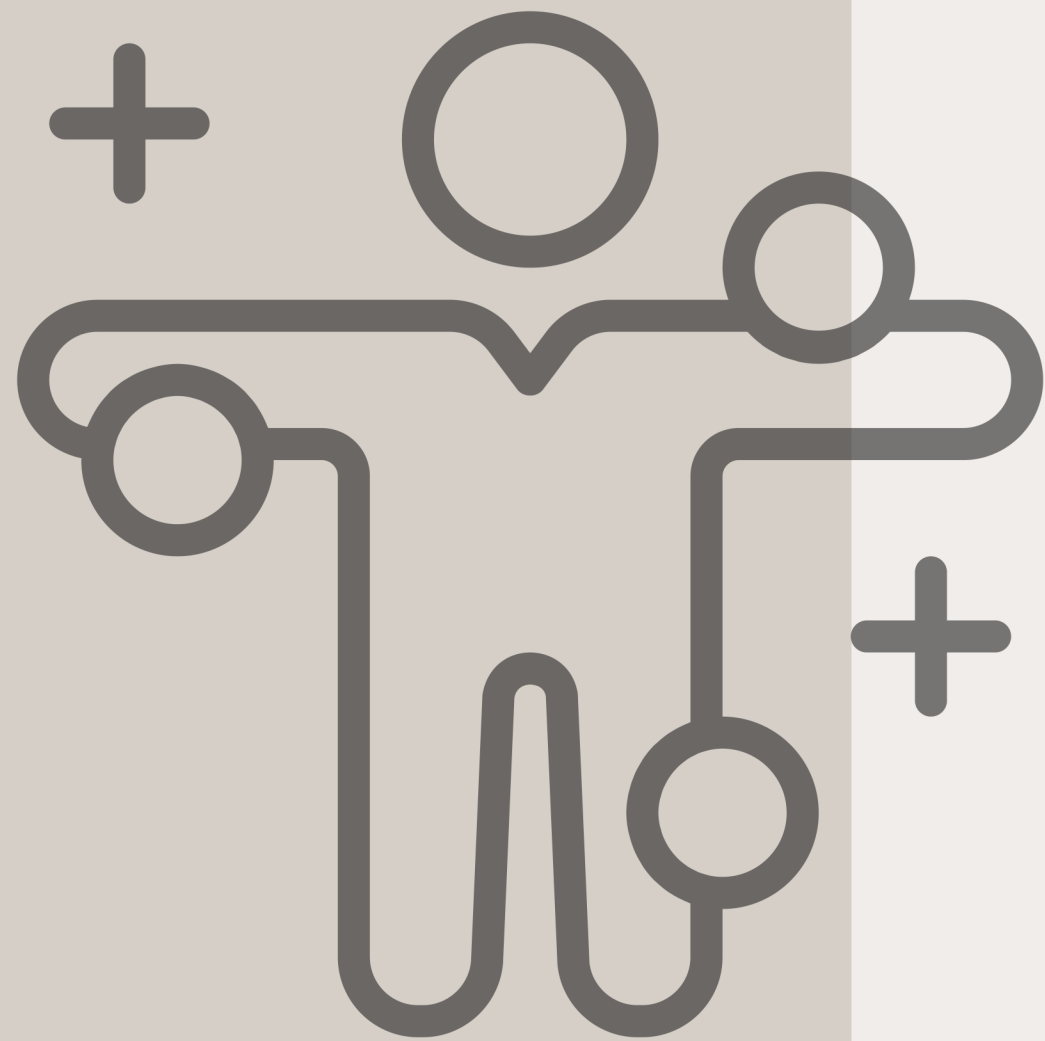
WHAT IS IMPOSTER SYNDROME ?

A psychological phenomenon where individuals doubt their accomplishments and have a persistent internalized fear of being exposed as a "fraud," despite evidence of their competence.



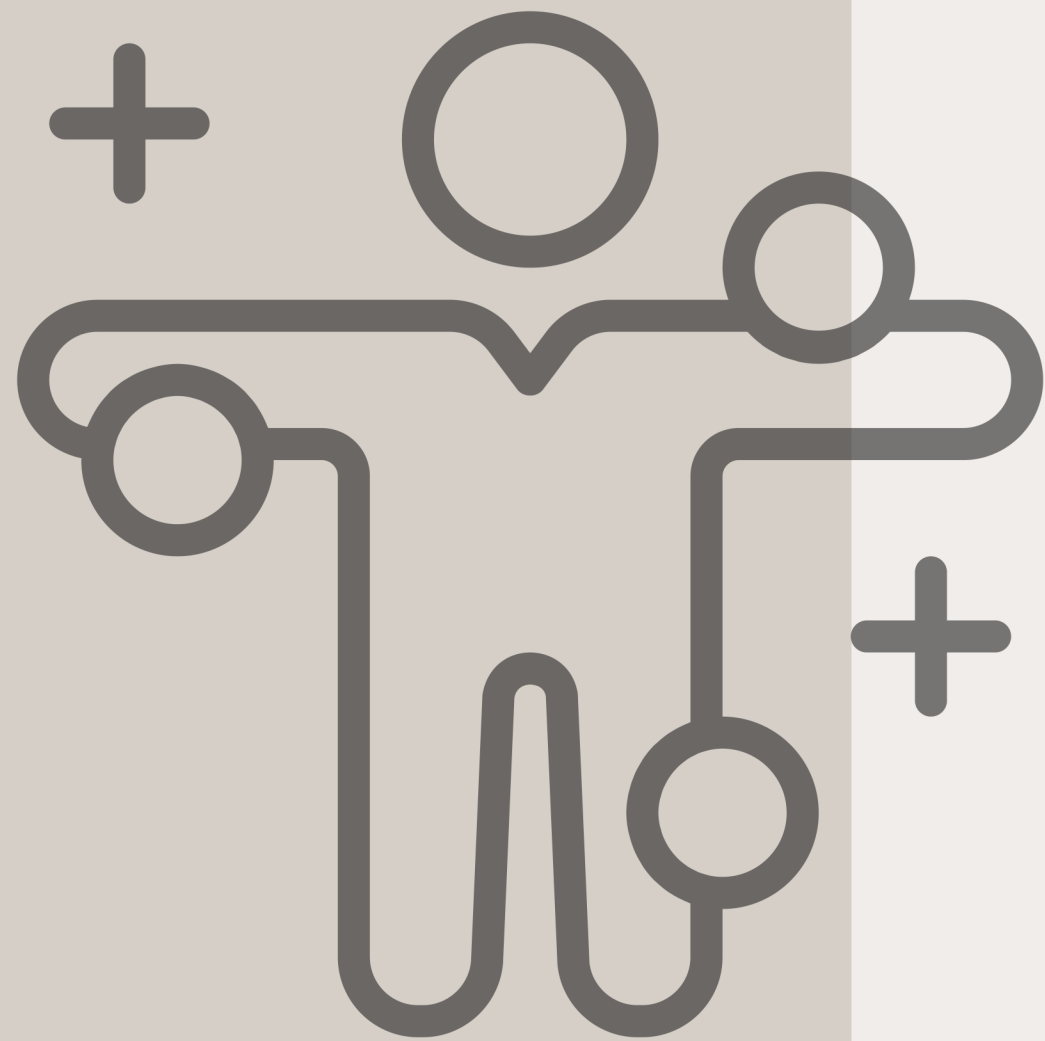
SYMPTOMS YOU MAY RECOGNIZE...

- Self doubt



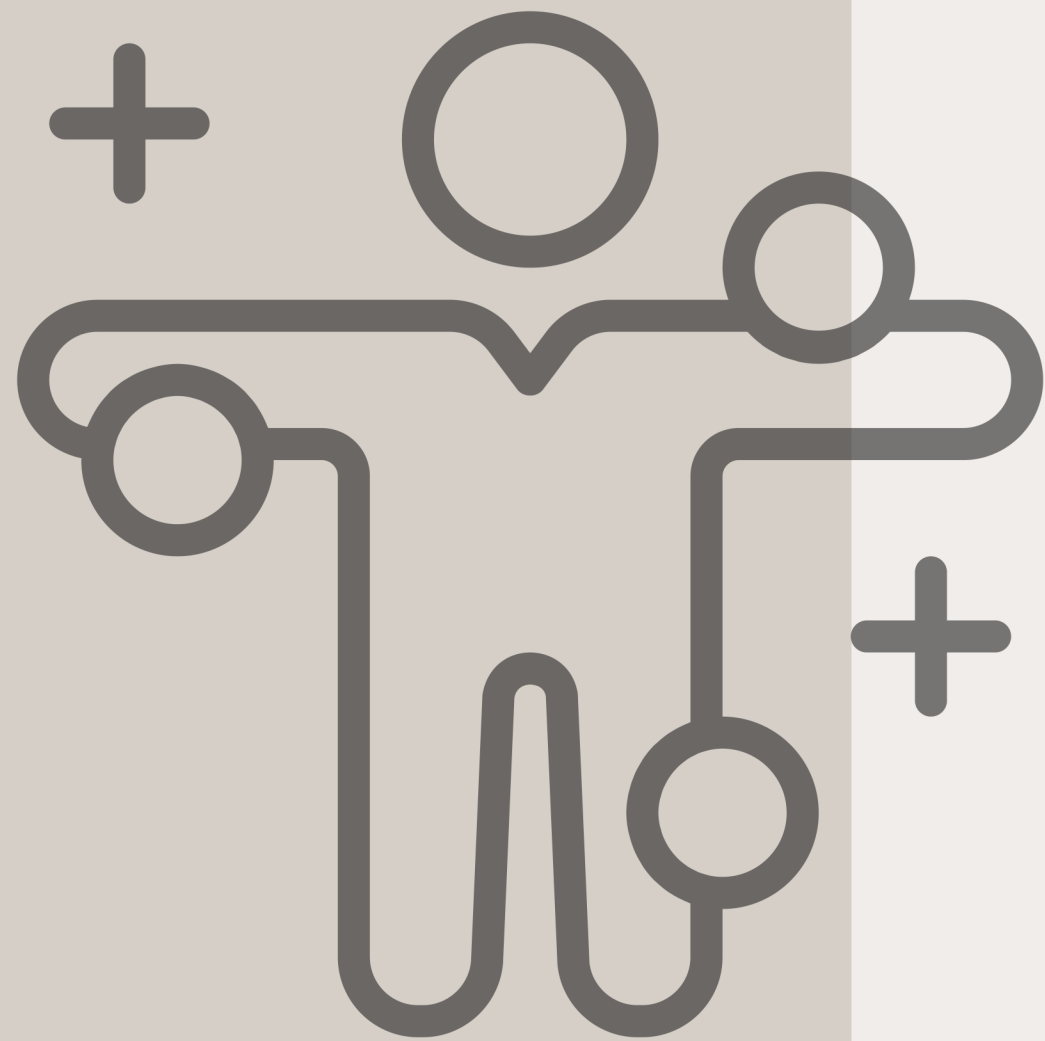
SYMPTOMS YOU MAY RECOGNIZE...

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- Perfectionism



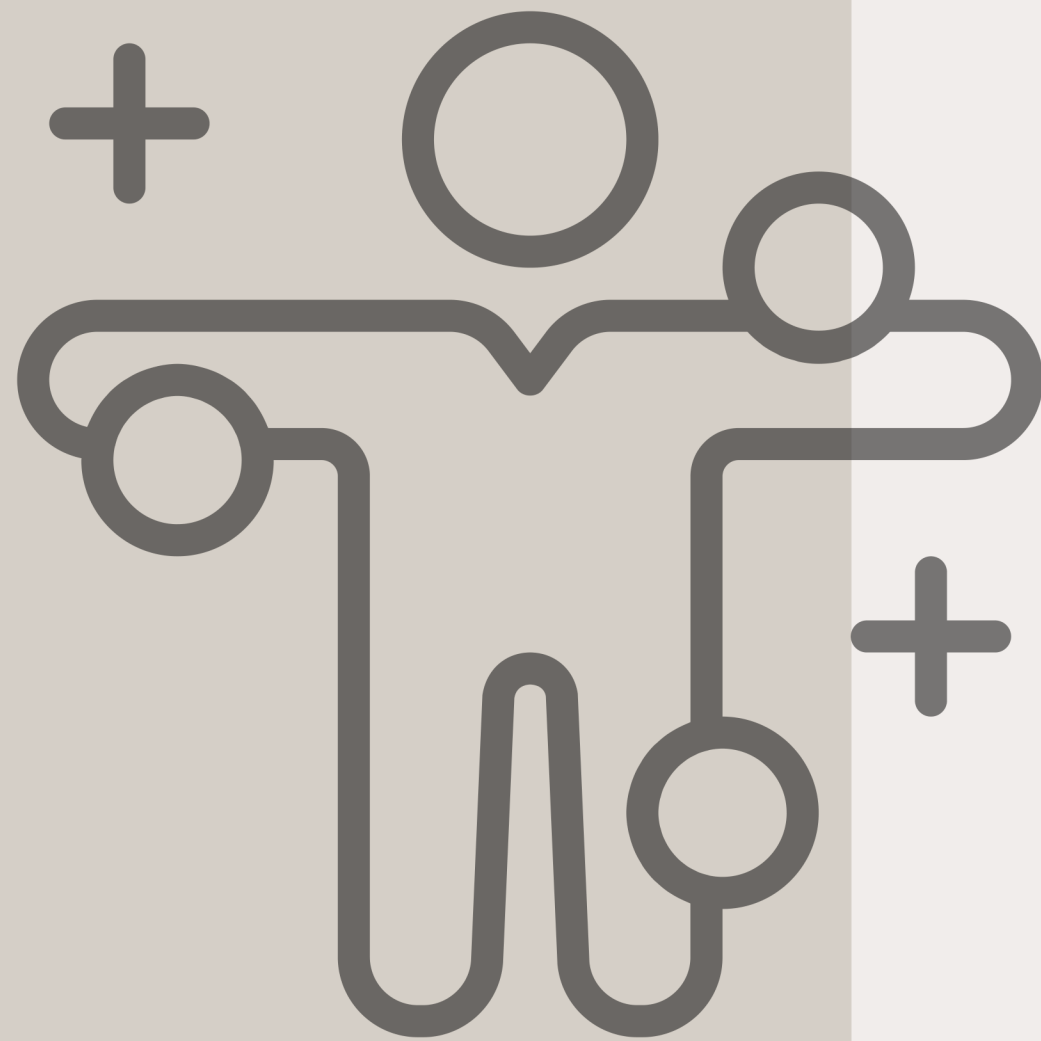
SYMPTOMS YOU MAY RECOGNIZE...

- Self doubt
- Perfectionism
- Overworking

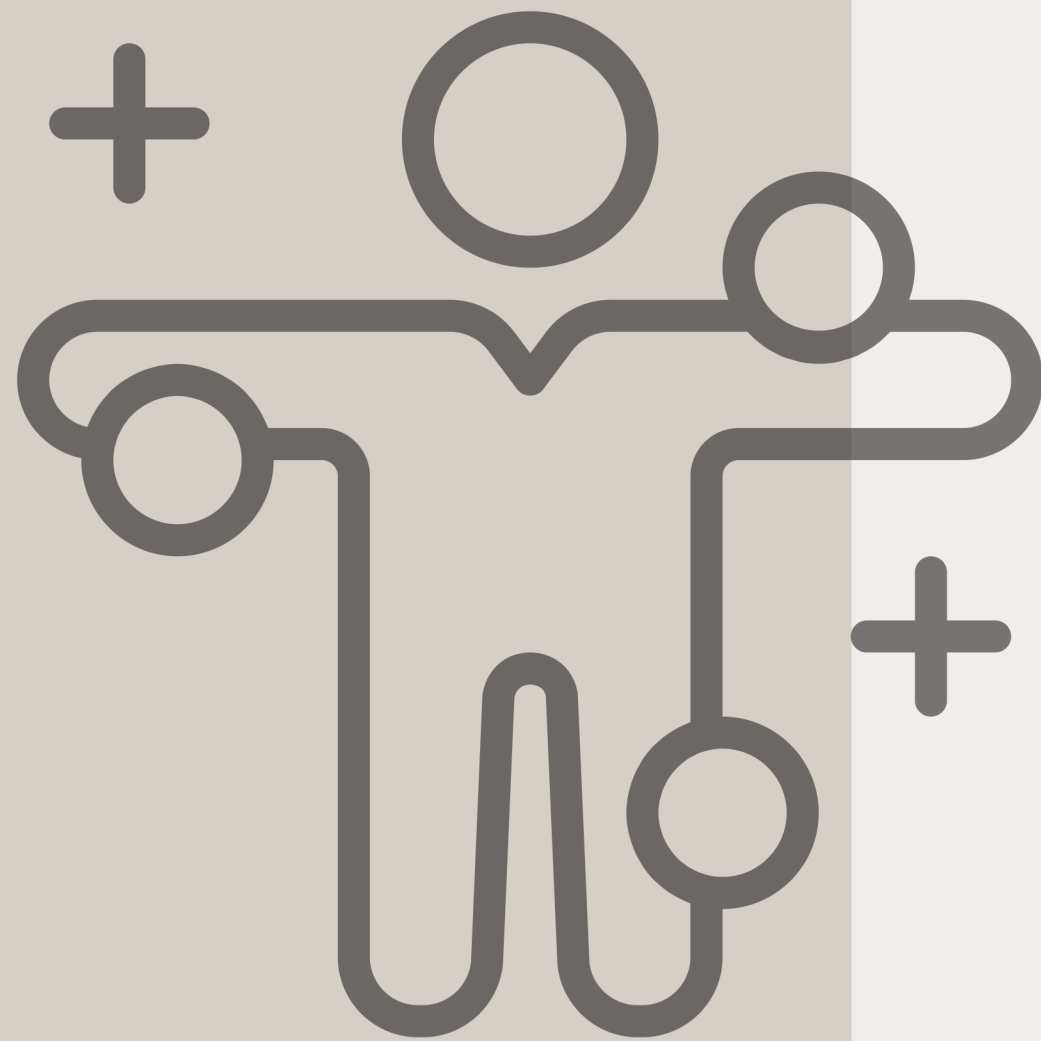


SYMPTOMS YOU MAY RECOGNIZE...

- Self doubt
- Perfectionism
- Overworking
- Attributing Success to External Factors



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- Overworking
- Attributing Success to External Factors
- Fear of Failure

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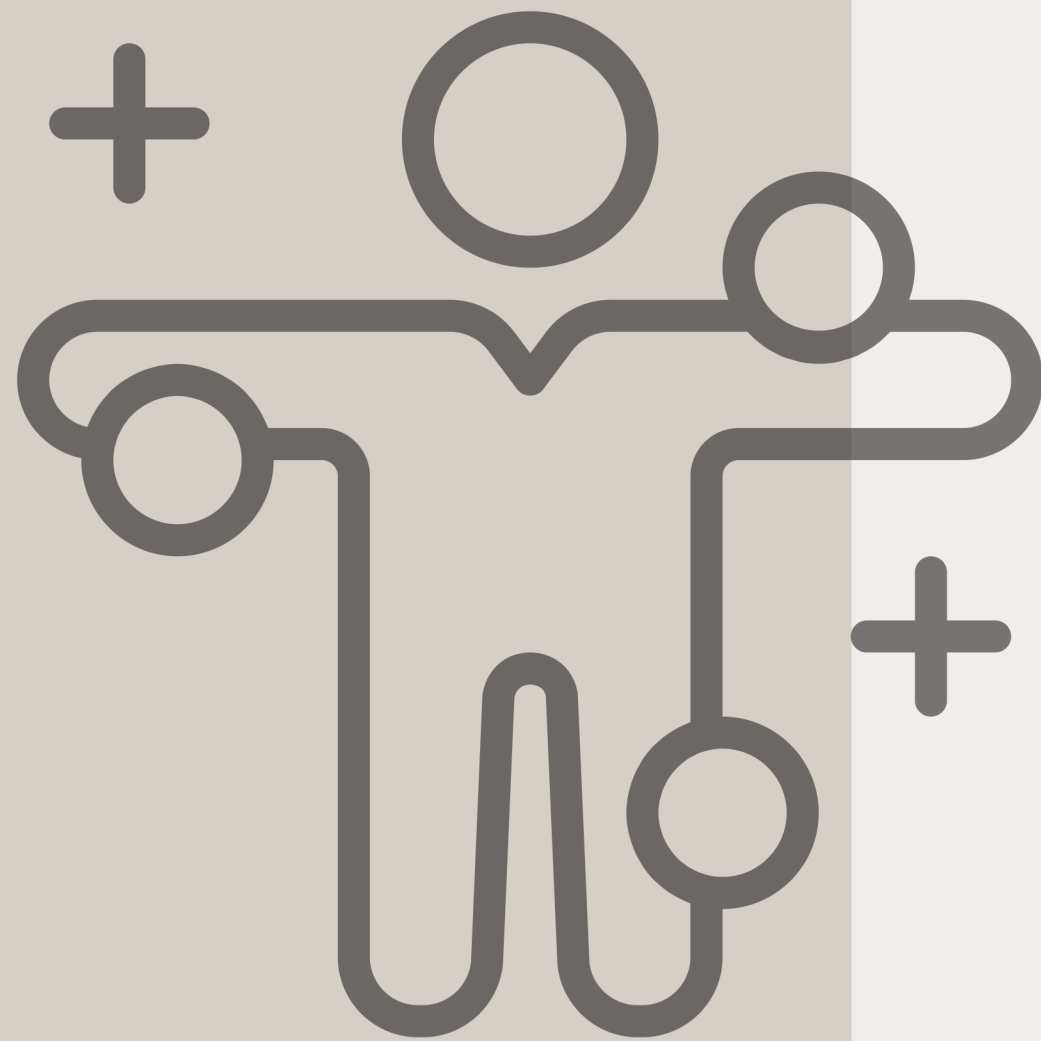
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- Attributing Success to External Factors
- Fear of Failure
- Comparison to Others
- Difficulty Accepting Praise
- Persistent Worry

TYPES OF IMPOSTER SYNDROME...

Imposter syndrome actually has different types / different narratives – it doesn't show up in the same way for everyone. If you identified with some of those symptoms – chances are, you're going to fall into one of these next categories, knowing which type you have will help you overcome it more efficiently

THE PERFECTIONIST...

Characteristics:

- Setting Unattainable Standards
- Fear of Failure
- Procrastination

Impacts

- Burnout
- Difficulty Delegating



THE SUPER WOMAN/ MAN...

Characteristics:

- Juggling Multiple Roles
- Constant Busyness
- Reluctance to Ask for Help

Impacts:

- Exhaustion
- Neglecting Self-Care



THE NATURAL GENIUS..

Characteristics:

- Quick Mastery
- Avoidance of Challenges
- Impatience with Progress

Impacts:

- Frustration
- Limited growth



THE SOLOIST...

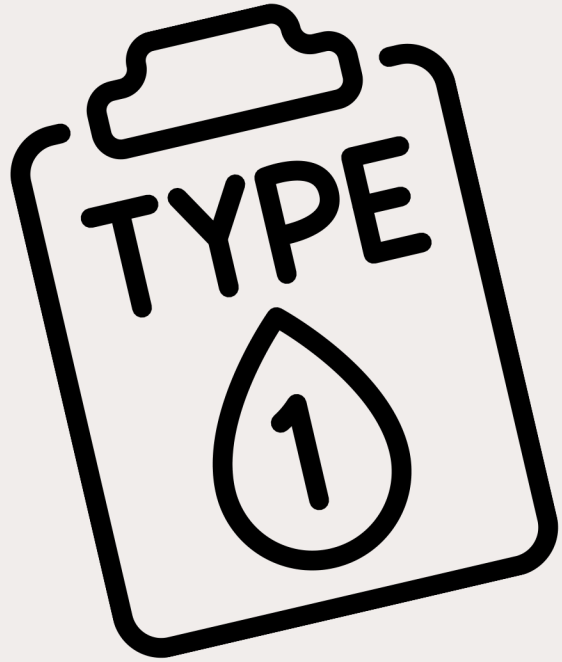
Characteristics:

- Self-Reliance
- Reluctance to Seek Support
- Downplaying Success

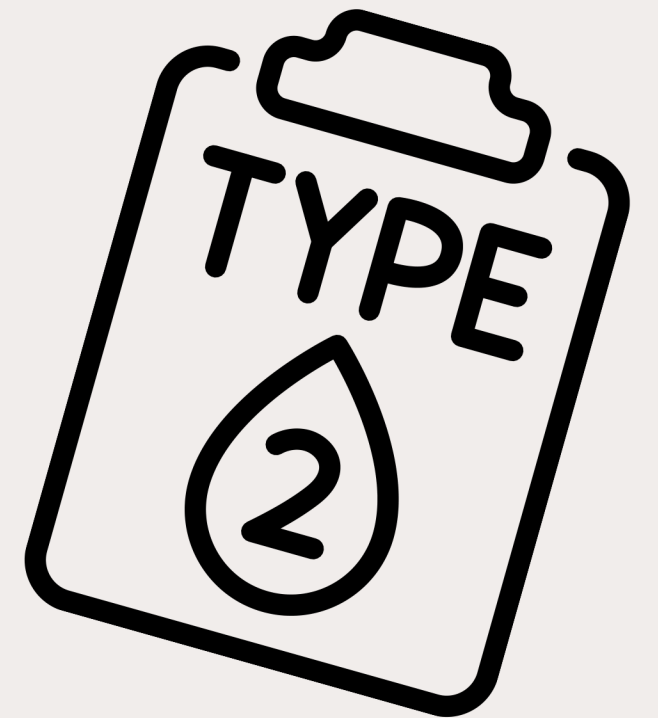
Impacts:

- Isolation
- Feeling overwhelmed



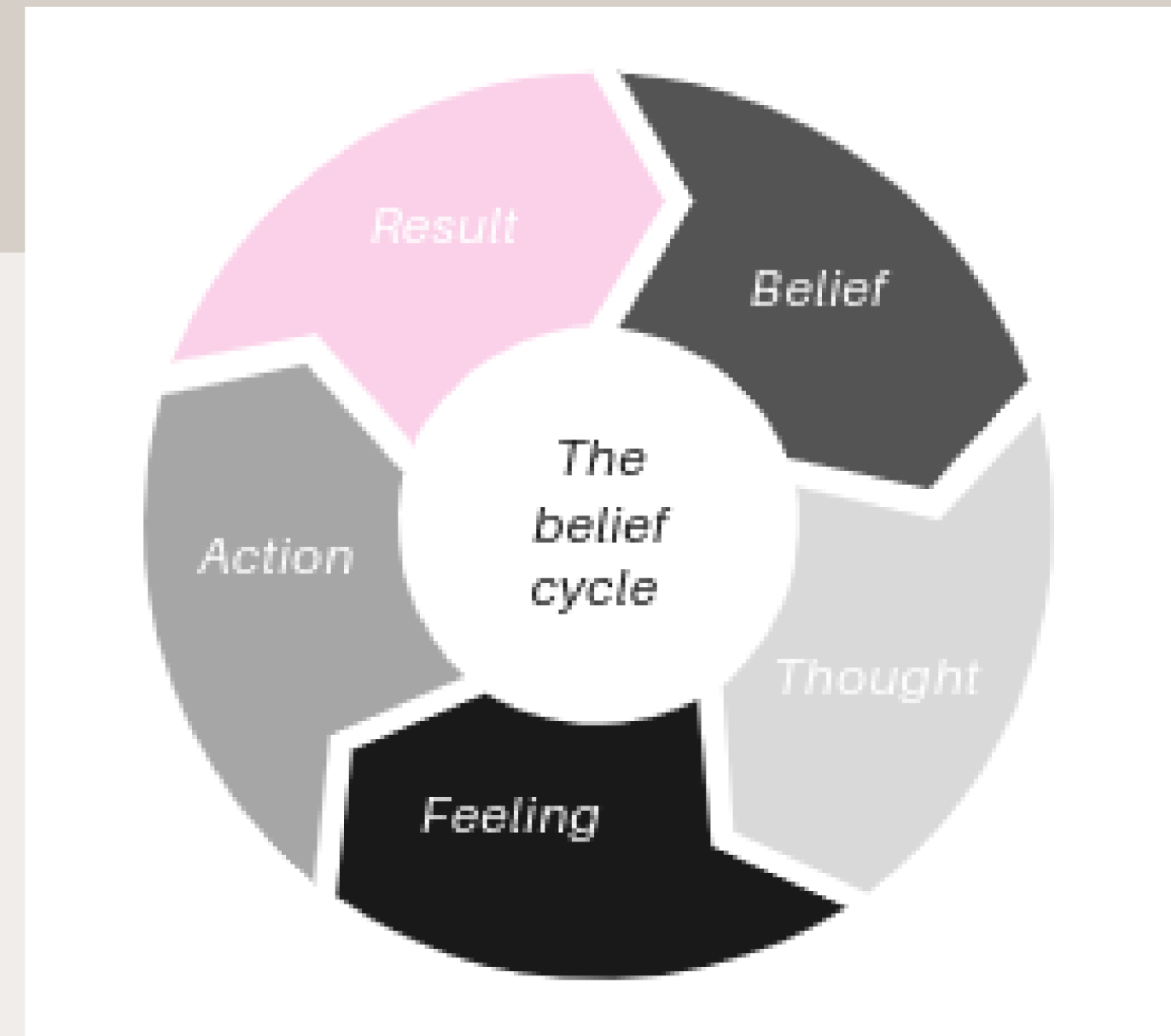


What story are you holding on to?



OVERCOMING IMPOSTER SYNDROME...

Overcoming imposter syndrome is about **believing you are** and **identifying as** the person you want to be



A woman with blonde hair is holding a flute glass filled with champagne. She is looking down at the glass with a thoughtful expression. The background is a soft, out-of-focus indoor setting.

I want to be a successful coach BUT...

I don't know enough

I am not consistent enough

I don't have enough experience

I can't charge high prices

I don't know what to post on social media

COGNITIVE RESTRUCTURING AND NEUROPLASTICITY

NEUROPLASTICITY: the brain's ability to reorganize itself by forming new neural connections. It allows the brain to adapt and change based on experiences, thoughts, and behaviors.

Neurons that fire together – wire together

If we start believing different things and therefore think different thoughts – we create different feelings and therefore outcomes





UNDERSTANDING SELF-SABOTAGE

SELF SABOTAGE: Self-sabotaging behavior refers to intentional action (or inaction) that undermines people's progress and prevents them from accomplishing their goals. Self-sabotage occurs when people hinder their own success.

IF YOU ARE SABOTAGING YOURSELF- THAT IS YOUR CERTAINTY THAT THE ACTION YOU'RE SABOTAGING WILL CREATE YOU THE CHANGE YOU SEEK - ELSE, YOU WOULDN'T BE SABOTAGING

INTERNALIZE CERTAIN TRUTHS

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- Perfect is not something to strive for
- Avoiding failure is avoiding success
- You cannot compare your page 1 to someone's page 100
- Certain plants simply cannot grow without the right conditions
- The fact that you're finding it hard is not a confirmation that you can't do it – just a confirmation that you already are

HOMEWORK

- Complete your Changing The Narrative Workbook as shown today
- Decide on your new beliefs – turn these into affirmations. This could be sticky notes around the mirror, this could be repeated reminders on your phone, this could just be daily reading from a list – but repeat these to yourself.
- Start acknowledging self sabotage when imposter syndrome shows up and use it as an opportunity to start restructuring these thought patterns and beliefs as explained today
- Clear out your social media of anyone who conjures up feelings of inadequacy