

Overcoming Imposter Syndrome

Module 1 – What is Imposter Syndrome?

Lesson 1: How Imposter Syndrome Holds You Back

Lesson 2: Where Imposter Syndrome Comes From



Module 2 – Ways to Manage Imposter Syndrome

Lesson 1: “It’s no big deal”

Lesson 2: “I’m a fraud”

Lesson 3: “I’m the only one”

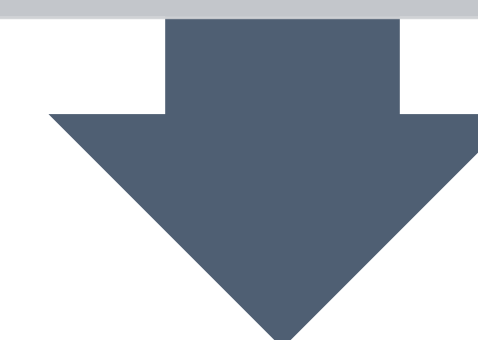


Module 3 – Build Your Confidence

Your Confidence Check

No-Lose Decision-Making

Take A-Risk-a-Day



Module 4 – Plan for Your Success

Implement Your Management Techniques

Develop a Daily Practice

Set Goals



Module 5 – Next Steps

Track and Measure Success

What You Learned

Your Action Plan