



A LET HER SPEAK WORKSHOP

Imposter Syndrome

Breaking Down Our Own Barriers

ABOUT THIS WORKSHOP:

Did you know that as much as 70% of all people have reported experiencing imposter syndrome at least once in their lives? While we might all have different reasons for feeling like an imposter from time to time, what's important is being able to identify the triggers behind your own imposter thoughts in order to find the best way to overcome them.

This judgment-free (1 - 2 hour) workshop gives every woman an opportunity to listen, learn, and discuss the imposter archetypes they most identify with. Attendees will learn what imposter thoughts hold them back, where those barriers stem from, and how to tear them down.

OBJECTIVES:

- Learn the traits and tendencies of the 5 imposter syndrome archetypes.
- Understand the history and recent research around why this phenomenon happens and how it manifests in different ways.
- Identify the archetypes they most relate to and address how imposter thoughts are building barriers for themselves.
- Work through a mind map activity to become aware of their own imposter thoughts, change those thoughts into positive truths, and set actionable steps to overcome these barriers.

Contact Us for More Information:

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