



Unmasking The Imposter – Unleash your brilliance



Unmasking The Imposter

This talk addresses the widespread issue of imposter syndrome, the pervasive problem which will affect a significant proportion of your team, meaning they doubt their abilities, feel like frauds, and underestimate their accomplishments. This will hinder their ability to perform to their full potential, impacting their sense of well-being. Imposter syndrome is most prevalent amongst your high achievers and leaders. When the imposter is unmasked, people are empowered to build confidence in their own abilities and reduce anxiety and improve their well-being. It leads to increased productivity and better performance as your people gain the ability to focus on their strengths

and contributions. It also promotes authenticity; encouraging your people to be authentic and embrace their true selves, fostering healthier work environments and relationships.

Up to 82% of people face feelings of impostor phenomenon, struggling with the sense they haven't earned what they've achieved and are a fraud (Bravata, D. M., et al., Journal of General Internal Medicine, Vol. 35, No. 4, 2020).

Debbie Hollingsworth delivers an informative, engaging and thought-provoking talk that is guaranteed to resonate with your people. She will openly and honestly share her own compelling story of how her imposter has shaped her life and how she has enjoyed success in spite of it. She will share with you her 3-step process to fulfilling your full potential despite having an imposter;

- The 5 Types of Imposter
- The 5 keys to success
- The 5 Tools for conquering your imposter





Who will benefit from this talk?

- Organisations who have high achievers, teams who consistently set high standards for themselves, whether in their careers, creative pursuits, or personal growth. They'll discover how to break free from self-doubt and reach new heights.
- Leaders, executives, managers, and professionals within your organisation who want to lead with confidence, inspire their teams, and maximize their impact. They'll gain the tools to foster a culture of self-assured leadership.
- Your emerging professionals: Young adults and emerging professionals embarking on their journeys, aiming to conquer self-doubt and navigate the early stages of their careers with confidence.
- Organisations with anyone striving for personal growth: your people who aspire to grow, gain confidence, and fulfill their potential, both personally and professionally.
- Organisations who want to improve employee engagement and decrease levels of staff turnover and absence.

- Organisations who understand that at the heart of its profitability are the performance and well-being of its people.

What will your team gain from this talk?

- They will leave with a clear understanding of what imposter syndrome is, how it manifests, and how it might be affecting their lives. This awareness is the first step towards overcoming it.
- They will learn actionable strategies and techniques to boost their self-confidence, overcome self-doubt, and embrace their true potential. These tools can be applied in both personal and professional settings.
- They will learn how to recognise imposter syndrome behaviours in colleagues and how to support them better.
- They will be inspired and motivated to take control of their own narratives, unmask their inner impostors, and pursue their goals with renewed determination. They'll leave feeling empowered to tackle challenges and achieve success with authenticity and confidence.

What happens next?

Debbie is passionate that her talks are an inspirational and motivating moment to elicit change throughout your participants. Companies can further engage Debbie to contribute to their people's personal development and progress to support their transformational process.

She does this through group and 1-1 coaching and workshops.

She offers one off workshops, 1-1 coaching as well as her Mental Mastery for Peak Performance leaders

programme, a 10-week programme designed for cohorts of your leaders which includes a series of workshops, behavioural and values profiling as well as 1-1 coaching.

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