Coach Yourself Through Impostor Syndrome to Return to Training

Tuesday 15th September 2020 10am – 12pm

Two-hour free online discussion seminar with small group coaching with registered coach Dr Katy Mahoney from coaching company - Rodetal

Programme Content

1. Identifying common aspects of impostor syndrome affecting trainees returning to training
2. Cultivating helpful thought patterns
3. Values and beliefs for confidence
4. Small group coaching to internalise accomplishments, challenge limiting beliefs and showcase strengths

Programme Description

This two-hour online discussion seminar will support you to identify impostor syndrome symptoms and share with peers how you have approached impostor syndrome in the past. The session will cover themes relating to anxiety, fear of failure, loss of confidence, procrastination, perfectionism and risk aversion. We will discuss how these aspects of impostor syndrome might be playing out through confidential small group coaching and discussion. You will then create a personalise framework to coach yourself to overcome impostor syndrome and to support others in a similar position.

By the end of the session you will know how to:

- Identify common aspects of impostor syndrome affecting trainees returning to training
- Cultivate impostor syndrome beating thought patterns
- Recognise personal values and beliefs that support self-confidence and esteem
- Have a productive coaching conversation with colleagues and peers to support others suffering with impostor syndrome

Throughout the session you will be encouraged to be open and honest in your learning, engaging with an open, positive and growth mindset.

Booking is through Accent (previously Intrepid Course Manager) at
https://accent.hicom.co.uk/CourseManager/Live/HEEM/Web/

Please note the following:

- *Spaces are limited to 12 therefore you are advised to book as soon as possible.*
- *Trainees returning to training will be given priority for spaces.*
- *This is a pilot session only so there are no other dates planned at present.*

![SuppoRTT Supported Return to Training logo]