

Imposter Syndrome - And What To Do About It

Keynote/Workshop

Imposter syndrome is feeling like a fraud, unqualified, or aren't ready – even though you are successful. Although imposter syndrome can impact men, women have twice as many self-doubting imposter thoughts as men. This holds many women back from leadership roles, pursuing clients, starting businesses, sharing ideas, and speaking up in meetings. Job satisfaction and employee wellbeing are also impacted by imposter syndrome.

The good news is we can do something about it! In this interactive session we will discuss how imposter syndrome impacts us, why it affects women more than men, and practical tools to manage imposter syndrome so they don't hold you back in your career, including how to:

- Recover fast when doubt and imposter syndrome strike
- Distinguish between your inner critic and true inner voice
- Own your strengths and communicate your value with confidence

Participants have said:

- "This class made me feel so empowered. It also motivated me to shift my thinking when I experience self-doubt. I loved this class!"
- "I needed this morning more than ever before and some actions on how to counteract that inner critic that is all too loud in my life."
- "I learned how to believe in myself and know my worth. It also made me realize that I'm not alone in thinking this way."
- "I thought the training was absolutely fantastic. I learned a lot, I felt safe and empowered, and felt it was very valuable reflection both personally and professionally."
- "Excellent. A lot of knowledge. Hope she returns every year to pass on her info."

Heather Whelpley



Heather is a coach and speaker that works with women to master doubt and imposter syndrome and own their brilliance so they can move forward in their career with confidence. Prior to owning her business, she worked in corporate human resources at Cargill and Ameriprise for ten years where she led numerous leadership development programs for top performing women. Heather has extensive global experience, including living and working in Australia and Latin America. She has a master's degree in Human Resource Development from the University of Minnesota and is a graduate of the Coaches Training Institute. Heather lives in Minneapolis and enjoys writing, traveling, and anything outside. Contact Heather at heather@whelpleyconsulting.com.



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Workshops

Workshops are an excellent opportunity to dive deeper into confidence, managing doubt, and owning our unique strengths. Available in formats to reach varying sizes of groups both virtually and in-person. Workshops can be scheduled as individual 60-minute sessions, combined for longer programs, or purchased as a set delivered over a period of months.

Confident Communication

It is common for women to decrease the power of their message without even knowing we're doing it. This workshop brings awareness to the ways we inadvertently minimize our message in written and verbal communication as well as body language. Participants will leave with simple tools to write, speak, and present with more confidence and conviction.

Overcoming Perfectionism

Perfectionism is an acceptable weakness to mention in a job interview. But in reality, perfectionism is the enemy to efficiency and productivity. It also holds us back from sharing ideas, taking risks, and moving quickly on opportunities. Explore what is behind perfectionism and learn how to shift your mindset to work towards excellence and take action without perfection.

Letting Go Of Criticism And The Need For Praise

It is easy to ruminate on criticism for days, weeks, or even years. Fear of criticism decreases learning and trying new things at work. The need for praise and validation can be equally as detrimental. Learn why we get attached to praise and criticism and strategies to learn, let go, and move on.

Networking, Mentors, and Sponsors

Relationships are critical to career development. We will discuss the differing roles of mentors and sponsors, map your networks, and share how to build relationships to support your development.

Heather also offers customized workshops, leadership development programs, and executive coaching for women. Contact her at heather@whelpleyconsulting.com to learn more.

