

# KELLI THOMPSON

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## PROGRAM TITLE: TAME YOUR IMPOSTER MONSTER

Time/Format:

45-60 Minutes Keynote or as a two-hour workshop (can be online)

When you're about to do something new or big in your career, it feels so exciting and yet, why is it so hard to shake the feeling that you'll flop and be "found out" as unqualified, a fraud? This is feeling has a name - imposter syndrome. Even the most successful leaders feel it, and you can still advance with confidence as you stretch your comfort zone.

Here's the thing. We tend to overestimate others' intelligence and underestimate our own. It's time to choose yourself and make your unique impact in the rooms where decisions are made.

Feeling imposter syndrome doesn't need to hold you back from fulfilling your career goals and showing up as your most confident self. In fact, imposter syndrome can also be a sign that you are taking brave next career steps.

In this program, you'll gain a better understanding of imposter syndrome, why it happens, and how to make it work FOR you, not against you. You'll learn how to close the confidence gap by ditching the doubt and using tools to boost your confidence in the moments it matters. You'll leave with complete head, heart and body approach, based in psychology and neuroscience, so you take your bravest next steps and advance your career with clarity and confidence.

### TAKEAWAYS & LEARNING OBJECTIVES:

- Recognize the sneaky causes of imposter syndrome so you can put your confident self back in the driver's seat
- Discover ways to use brain science to boost your confidence, right in the moments it matters most
- Overcome the doubt that keeps you stuck and confidently show up in the roles you are meant to have
- Advance your career and make your unique impact in the rooms where decisions are made

**WORKSHOP VERSION:** Participants will take extra time to apply the tools discussed. Includes individual and small group confidence-building assignments to reframe their mindset, boost their confidence and amplify their voice.