

W O R K B O O K

Putting an End to Imposter Syndrome

An Overview of Thought-Changing
Tips, Tools, and Skills

SB
Sonia Byrne

Welcome to our time together...

The beginning of summer heralds the brightness of the sunshine, longer days, and time spent with loved ones. That brilliant light of the sun reminds us of how our own light can shine when it is unencumbered by distractions, false beliefs, and the judgment of others.



The sun does not worry if it is shining too bright. It does not concern itself with the degree of its intensity – dulling itself down to be less noticeable and reduce its impact is not even a consideration.

The sun of summer is a simple and powerful teacher when it comes to the topic of Imposter Syndrome.

Our time together today is an invitation to consider the experience of imposter syndrome - the perspectives, beliefs, and challenges that both support it and dismantle it.

Let's begin,

Sonia Byrne **Mindful Leadership for Success**

Checking In:

When it comes to experiencing imposter syndrome...

1. I rarely experience imposter syndrome. I am mostly a person with grounded confidence.
2. I sometimes experience imposter syndrome in certain environments.
3. I sometimes experience imposter syndrome with certain people.
4. I often experience some level of imposter syndrome.

Notes:

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The messages we hear/receive:

1. Name one confidence-crushing comment you have heard in your career.



2. Name one unhelpful piece of advice you have heard in your career.



Notes:



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