

SILENCING INNER DOUBT: OVERCOMING IMPOSTER SYNDROME

Sick of worrying that you're not good enough?

Do you feel like you're constantly winging it and just waiting to be found out?

Are you tired of feeling like an imposter, constantly questioning your achievements and fearing that you'll be exposed? Do compliments on your work make you feel uneasy, and do you often believe you don't deserve your accomplishments?

If you find yourself nodding in agreement to any of these questions, this workshop is tailor-made for you!

Join Dr. Mike Drayton as he delves into the intricacies of impostor syndrome, offering practical guidance and techniques to combat those relentless feelings of self-doubt. You'll explore the root causes of impostor syndrome and learn valuable strategies for managing and overcoming these feelings, allowing you to fully embrace your successes and capabilities.



Stop hiding behind your computer screen and making excuses for your achievements. Acknowledging your accomplishments is a critical step in realising your goals and advancing your career. Empower yourself to silence the doubt and unlock your true potential with Dr. Mike Drayton's expert guidance.

Dr Mike Drayton is an executive coach and business psychology expert who can enhance leadership skills and advance careers by boosting creativity, decisiveness, and resilience.

He speaks about applying psychology to leadership and has written three books that provides practical strategies based on scientific research to prevent burnout and enhance performance in organisations.



TAKEAWAYS

1. Increased awareness of impostor syndrome and its impact on individuals' self-confidence and career progression.
2. Understanding the root causes and triggers for self doubt.
3. Develop strategies for managing and overcoming impostor syndrome, empowering people to address inner doubts and embrace their accomplishments.
4. Better stress management. As participants work on overcoming impostor syndrome, they will experience reduced stress and anxiety levels, leading to improved mental well-being and overall life satisfaction.

WHO IS IT FOR?

This keynote or workshop is tailored for a general business audience, with a focus on leaders and managers.

HOW CAN IT BE DELIVERED?

This topic can be delivered in various formats such as a keynote, full or half-day workshop, or a team away-day or offsite.



A handwritten signature in black ink that reads "Dr Mike Drayton". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

**Business Psychologist
& Executive Coach**



Tel: 0121 459 0636
Email: mike@mikedryaton.org