




**BRAVER
STRONGER
SMARTER**

“you are braver
than you believe,
and stronger than
you seem, and
smarter than you
think”

A.A. Milne

Braver Stronger Smarter for Coaches

Braver Stronger Smarter for Coaches is a one-day interactive workshop that aims to identify the impact and prevalence of the impostor phenomenon on people in the workplace.

It includes activities designed to help coaches identify and help others to diminish barriers to achievement and satisfaction that often result from impostor experiences.

The day provides awareness and practical responses to encourage change for the better.

Drawing on four decades of research from the original Clance and Imes (1978) research and that of recent work by Dr Terri Simpkin on women in STEM, participants will develop an understanding of what the impostor phenomenon is and how it comes to drive behaviour, thoughts and attitudes about success and achievement.

Using your own insights, workshop a range of initiatives and interventions that assist others to:

- diminish impostorism,
- learn to internalise success and achievement,
- accurately recognise the seat of failure or shortcomings,
- develop a plan to recognise triggers of impostor feelings and
- build self-efficacy for better workplace and personal outcomes.

Follow the link to find out more about Dr Terri Simpkin and the on-going research into the impostor phenomenon in women in STEM.

<https://spark.adobe.com/page/IPY0RCeAnocMH/>

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