STARBUCK™ & Associates

STARBUCK ACADEMY · THRIVE · PROGRAMME BROCHURE

Imposter Syndrome Masterclass

Understand self-doubt, challenge your inner critic and act with confidence

A short, practical programme for anyone who doubts themselves at work despite what they have achieved. Four short video lessons, each with workbook pages, a practical tool and a workplace task.

- 4 video lessons
- 4 practical tools
- 2 estimated learning hours
- Certificate of completion

CPD accreditation in progress

£29

per person, one-off payment, VAT included.

academy.starbuckassociates.com

/courses/imposter-syndrome-masterclass/

ABOUT THE PROGRAMME

Why self-doubt is worth tackling

Many capable, successful people privately doubt themselves and worry that one day they will be found out. Left alone, that doubt leads people to over-prepare, hold back and turn down opportunities they have earned.

This programme helps you understand where the feeling comes from, recognise your own patterns and use simple, evidence based strategies to respond differently.

Who it is for

Leaders, managers and professionals at any level who experience self-doubt at work, and managers and coaches who want to support others who do. No previous knowledge is needed.

What you will be able to do

01 Recognise the common signs of imposter syndrome in yourself and in others

02 Identify your own triggers, self-talk and coping habits

03 Use simple questions to challenge unhelpful self-talk and check it against the evidence

04 Apply at least one practical strategy when self-doubt shows up at work

05 Use coaching questions to help yourself, and the people you lead, move from doubt to action

THE PROGRAMME

Four lessons

Each lesson has a short video, workbook pages, a practical tool and a workplace task, with a five-question knowledge check at the end.

01 **What imposter syndrome is**
What imposter syndrome is, how it shows up at work and why it affects so many capable people.

02 **Recognising your patterns**
Your triggers, the things you tell yourself and the habits you fall back on to cope.

03 **Practical strategies**
Checking the evidence, answering your inner critic and choosing one strategy to use this week.

04 **A coaching session**
Watch a coach help someone notice their inner critic, look at the evidence and build a balanced view.

Already a member of the Resilience & Wellbeing Hub or Masterclasses? This programme is included in your membership.

WHAT YOU GET

What is included

- Four short video lessons you can watch on any device
- Workbook pages, a practical tool and a workplace task for every lesson
- A five-question knowledge check per lesson
- A certificate of completion showing 2 estimated learning hours

How your learning time adds up

- Watching the lesson video and reading the notes: about 32 minutes
- Working through the practical tool for each lesson: about 32 minutes
- Planning and carrying out each workplace task: about 40 minutes
- Completing the knowledge check after each lesson: about 16 minutes

Total: 2 estimated learning hours. The pass mark for each knowledge check is 80% and you can retake it as many times as you need.

Who designed it

Designed by ICF credentialed coaches at Starbuck & Associates, led by Paul Starbuck, our Founder and CEO and an ICF Master Certified Coach (MCC). Every lesson draws on our coaching and leadership development work with organisations in the UK, Europe and internationally.

For teams and organisations

Buying for a group? We can set this up for your whole team, on its own or as part of a wider academy for your organisation. Email academy@starbuckassociates.com and we will put a proposal together.

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