



“Thanks so much, the workshop was awesome and I didn’t see the time pass. It was great to exchange experiences with the ladies in my table, and also get to know them a bit better.” - Vera

“Loved the workshop. My favourite part was the analogy of walking paths in the brain. What an awesome visual, you rock.” - Zareen

IMPOSTER SYNDROME

I’m not sure I can do this. They’ve over-estimated my abilities. I think I’m going to get found out. I’m scared I’ve taken on too much. What if I fail and I can’t do it?’

Does this sound familiar? Do you feel no matter how hard you work it’s never quite enough? Do you worry what other people will think? Do you tend to avoid taking risks or taking on challenges through fear that you’re not quite ready yet? Do you hold exceedingly high expectations of yourself and always aim for perfection?

You’re not alone! These thoughts played continuously in Jess Stuart’s mind despite countless promotions as she worked her way up the ladder and then as she sat around leadership tables and worked with groups of leaders. Jess will be your facilitator for this important workshop. Imposter Syndrome is more common than we think yet never talked about, and the more we succeed the louder this voice becomes. But it’s not reality! It simply a voice in our heads often clouded by our brain’s negativity bias.

Don’t let it slow your progress or allow these feelings to prevent you achieving your potential – learn how to navigate your negativity bias, overcome feelings of self-doubt, build resilience and face these fears to be the person you’re capable of being.

In this course Jess will support you to look at what Imposter Syndrome is, why it effects so many women and how we can navigate those nagging feelings of self-doubt to be our best and unlock our potential. We’ll explore the impacts of fear of failure, perfectionism and our people pleasing tendencies. You’ll walk away with practical tips to help build self-efficacy, resilience and navigate those feelings of fear and inadequacy.

Visit www.venusacademy.co.nz
to find out more or to register online.