



**DEALING WITH SELF-
SABOTAGE AND THE
IMPOSTOR SYNDROME**



Self-doubt does more to sabotage individual potential than all external limitations put together.

Brian Tracy - Self-development author

As humans we are extraordinarily creative creatures when it comes to finding subtle, and not so subtle ways to sabotage ourselves on our path to realising our innermost dreams and aspirations.

The origin of our stumbling blocks often go back to our childhood conditioning, and our environments' inability to help us develop resilient, healthy, regulated and efficient nervous systems as children.

As a consequence, our brains, and nervous system freeze into survival mode without us ever becoming conscious of it - and as adults we end up with a myriad of unhelpful behaviours: procrastination, perfectionism, not setting boundaries, overworking, running from joy, putting things off we enjoy, negative self-talk, and the list goes on and on.



The impostor syndrome is a form of self-sabotage where high-achieving and highly intelligent men and women feel like inadequate and incompetent frauds, surely to be found out and removed from their responsibilities and positions.

Despite the evidence that they are indeed skilled and talented, they run negative scripts in their minds, downplay their achievements, and attribute their accomplishments to pure luck or chance.

The impostor syndrome often comes with a generous amount of self-doubt, fear and anxiety, robbing us from sharing our brilliance with our families, teams, and the collective.



Overcoming feelings of inadequacy, and changing the corresponding negative behaviours is no easy task, but understanding a few simple concepts can already start us on the path of recovery.

The purpose of this webinar is to raise awareness of the origins of self-sabotage and the impostor syndrome, and offer simple tips to start recovering from self-doubt, painful perfectionism, and other ill-adjusted behaviours.



The content of the webinar:

- Why do we self-sabotage?
- The origins of self-sabotage
- The signs of impostor syndrome, and the "Fantastic Four".
- When does impostor syndrome show up?
- The five types of impostor syndrome
- Unhelpful coping strategies
- Managers and leaders contributing to feelings of inadequacy
- Brain plasticity: rewiring the brain and creating a new narrative
- Simple strategies to challenge the impostor syndrome