



# R.I.P Imposter Syndrome

## Overcoming Imposter Syndrome to Unleash Your Impact & Happiness at Work

### Description

The World Economic Forum estimates it will take 134 years (more than 5 generations!) to reach gender parity. So, how can we close this gap sooner to experience more innovation, diversity of thought and a sense of belonging quicker in our own workplaces?

Let's aim to destroy one of the biggest limiting factors for women and people of color - Imposter Syndrome. This keynote is a motivating, practical conversation about recognizing, managing and overcoming imposter syndrome.

Together, we'll explore why 82% of us (especially high achievers) struggle with feeling like an imposter, how to shift the narrative and actionable tools to silence that inner critic.

### Key Learnings:

- Learn how Imposter Syndrome is deeply impacting your team culture, performance and discover early warning signs and common triggers
- Bust through myths that may be holding you back from talent retention, progression and team impact since 78% of business leaders encounter Imposter Syndrome and 59% consider leaving their role as a result
- Discover practical strategies to build a culture of sponsorship, allyship and self advocacy to immediately boost happiness and productivity in your team
- Explore ways to own your worth, articulate your vision and build champions in an authentic, time saving and sustainable way