

Overcoming Imposter Syndrome

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Accredited by

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Pre-requisites

No prior experience needed

Video duration

36m

Estimated study time

36m 15s

Instructor

Nicole Tetreault, PhD

Introduction

- 1 Introduction**
Imposterism does not have to rob you of your gifts.

Are You An Imposter?

- 2 Defining imposter syndrome**
Understanding the influence imposter syndrome can have on your daily life is crucial for overcoming it.
- 3 You are not alone**
Studies show that basically everyone has suffered a form of imposter syndrome in their life.
- 4 Thoughts are powerful**
Thoughts shape our emotions, actions, and behaviors.

Fear of Failure

- 5 Leveraging vulnerability**
Fear of failure is the number one cause of imposter syndrome.
- 6 Unpacking the biology of fear and anxiety**
Understanding the origin of fear and how it manifests biochemically, emotionally and mentally is crucial in diminishing fear.

7

Common signs and questions of imposter syndrome

This lesson you will gain insights of the most common behaviors and questions of imposter syndrome.

Types of Imposters

8

Five types of imposters

Dr.

Overcoming the Imposter Monster

9

Neurohack of power posing

Power posing is the process of expanding your body to expand your confidence and stepping into your essence.

10

Come into compassion

Compassion is an act where we nurture ourselves and others.

11

Cultivating a growth mindset

Failure leads to the greatest breakthroughs.

Conclusion

12

Next steps

Being free from imposter syndrome is all about building an awareness and understanding the neuroscience of mind states.

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