Online Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our online leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.
The next session is:

"Imposter Syndrome : Why it is Toxic & How to Beat it"

Imposter Syndrome: it's where you doubt your ability, you feel like a fraud about to be exposed and you believe your accomplishments are not worthy of attention or respect. According to research, 70% of us have experienced it and it appears to be getting worse in the 21st century, holding people back from achieving their potential and leading to long term anxiety, self-loathing and depression.

In this keynote talk, you will explore:

- Two types of Imposter Syndrome which no one is talking about: a) why they matter, b) what causes them, c) how to beat them.
- 3 critical assumptions to adopt as your mantras if you want to send Imposter Syndrome packing.
- 3 powerful self-management techniques to draw on when you're feeling inadequate and your confidence is shot to pieces.
- 3 everyday habits which most people are unaware they do, but which undermine our self-worth.
- How to process negative feedback, so you're not consumed by it and can separate the helpful from the unhelpful.
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Andrew Pain is a TEDx and leadership speaker, on a mission to prevent burnout and create decisive and resilient communities of people. Working with organisations like; Amazon, Public Health Wales, University of Liverpool, Chartered Institute of Marketing, Andrew helps leaders to achieve their most precious goals, but without sacrificing their most precious things or burning out. As a dad to 3 boys under 10, he is a triage nurse, war reporter, peace negotiator, tutor, cook, cleaner, taxi driver and unappreciated fashion consultant.

Speaker: Andrew Pain   **Date: Wednesday 10th May 2023**   **Time: 4.00 – 5.00pm**

Register for the session – https://link.webropol.com/ep/onlineleadershipimpostersyndromemay2023