

*How Did I Get Here?*

# BEATING IMPOSTER SYNDROME

Tuesday 18 October 2018, 09.30-13.00

A 3.5 hour workshop  
that will help you to  
recognise, embrace  
and manage  
Imposter Syndrome at  
work

## Venue

WOTSO WorkSpace  
Level 1, 9 George St  
North Strathfield  
Sydney, NSW

## Cost

Only \$125.00 per person

Inc GST, handouts



Presented by Change Champions and Associates



## About this Workshop

Imposter Syndrome is that gut wrenching fear of being exposed as a fraud or fake when you take on a new challenge like a job or study or when you feel that you don't deserve your successes. Imposter Syndrome can play havoc with your health and well-being, not to mention your career trajectory. In this practical workshop you will discover how to recognise Imposter Syndrome, learn some strategies to deal with it and see it as a positive step on the pathway to success.

## Learning Objectives

After attending this workshop you will:

- Be able to define Imposter Syndrome, identify its characteristics and understand who is susceptible to it
- Complete a questionnaire that assesses your own propensity for Imposter Syndrome and reflect on your results
- Understand the cycle of Imposter Syndrome
- Understand the role of procrastination, trying too hard, perfectionism and dismissing positive feedback in perpetuating the Imposter cycle
- Look at 15 strategies to manage Imposter Syndrome, instead of it managing you
- Be able to recognise Imposter Syndrome in others at work
- Review some strategies for managing and supporting employees with Imposter Syndrome.

## Who is this Workshop for?

This workshop is for executives, managers and professionals working in any industry, new graduates and adult students. It is equally for those who feel like an imposter as it is those who are trying to identify and support people with Imposter Syndrome.

**Register Now at <https://www.eventbrite.com.au/e/how-did-i-get-here-beating-imposter-syndrome-tickets-47906602939>**

## Your Facilitator is Char Weeks

**Char Weeks GAICD, GCCM, CHE, BA** is a Certified Executive Master Coach and a Member of the International Coaching Council. She is trained in Genos International Emotional Intelligence and Hurn McEwen Resilience@Work. Char particularly enjoys working with emerging managers and those who embrace the idea that life is one continuous learning curve.



With a successful career loaded with imposter experiences, Char's gift is in sharing practical strategies for dealing with difficult challenges in the workplace and beyond.

Char is a published author, writer and media commentator.

## Also Available as an E-Learning Course

**How Did I Get This Far? Beating Imposter Syndrome** is available for everyone who can't make it to a workshop on the CourseGenius e-learning platform. Check out the previews at <https://changechampionsandass.coursegenius.com>. **Only \$44.00 inc GST** Discounts are available for e-learning to larger organisations for groups of 15 or more.

## What About an In House Workshop

Yes, we can come to you! **How Did I Get This Far? Beating Imposter Syndrome** can also be tailored to be presented as a three hour workshop in your facility or as a preconference, new graduate welcome or induction event. We are open to workshop presentations in any state, territory and metropolitan, regional, rural and remote areas. Our philosophy is about taking the learning opportunities to the people.

## Need More Information?

Email [info@changechampions.com.au](mailto:info@changechampions.com.au) or **M: 0467 635 150** from within Australia or for international clients +61467 635 150

# Registration

SYDNEY WORKSHOP: **How Did I Get Here?**

## Beating Imposter Syndrome



CHANGE CHAMPIONS  
& ASSOCIATES

**Delegate 1** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_

Given Name: \_\_\_\_\_

Company/Organisation: \_\_\_\_\_

Position: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Delegate 2** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_

Given Name: \_\_\_\_\_

Company/Organisation: \_\_\_\_\_

Position: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_ x registrations @ \$125.00 per person

**TOTAL AMOUNT PAYABLE \$ \_\_\_\_\_**

**Cancellation Policy: A refund is available if you cancel 7 days or more prior to the event. If you cancel between 0-7 days we cannot refund because we have already incurred costs on your behalf. However, we welcome a substitute delegate.**

# PAYMENT METHODS

Charmaine Weeks T/A Change Champions & Associates

ABN 49 833 110 992

## 1. PREFERRED Register ONLINE at EVENTBRITE

Simply visit <https://www.eventbrite.com.au/e/how-did-i-get-here-beating-imposter-syndrome-tickets-47906602939>

Create your account, preview and pay for your module using PayPal, the secure gateway.

## 2. Pay on your Credit Card & email your registration form to [info@changechampions.com.au](mailto:info@changechampions.com.au)

Card No. \_\_\_\_\_ 3 digit CVC code: \_\_\_

Expiry Date: \_\_ / \_\_

Cardholders Name (PLEASE PRINT) \_\_\_\_\_

Amount : \$ \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_ Date: \_\_ / \_\_ / \_\_

## 3. EFTPOS or Internet Banking

Account name: Charmaine Weeks

Bank: Westpac

BSB: 032 569

Account No: 196 411

Ref No: Imposter QLD (Your surname)

## 4. Request an invoice (All invoices must be paid prior to receiving the link to the module)

Name & position title of person responsible for payment :

\_\_\_\_\_

Email address for your invoice: \_\_\_\_\_

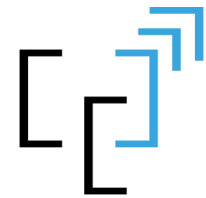
Ph: \_\_\_\_\_

**MAIL:** Charmaine Weeks M:0467 635150  
P.O. Box 302, Kew, Victoria 3101  
[info@changechampions.com.au](mailto:info@changechampions.com.au)

**Your registration will be confirmed by email.**

# IN HOUSE:

## Expression of Interest Form



CHANGE CHAMPIONS  
& ASSOCIATES

### WORKSHOP: How Did I Get Here? Beating Imposter Syndrome

**Name of Contact** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_

Given Name: \_\_\_\_\_

Company/Organisation: \_\_\_\_\_

Position: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**At what address/facility would the in-house workshop be held?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please give an overview of attendees eg new graduates, managers etc**

\_\_\_\_\_

**Approximate number of delegates?** \_\_\_\_\_

**Preferred dates** (to be negotiated) \_\_\_\_\_

**State preferred times** \_\_\_\_\_

**PLEASE EMAIL THIS FORM ONLY TO:**

**info@changechampions.com.au**

Change Champions & Associates will then make contact to discuss the possibilities.