

Overcoming Imposter Syndrome

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

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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