

FOR COACHES



IS YOUR CLIENT RUNNING IMPOSTER SYNDROME OR SELF-DOUBT?

3 Essential Questions To Give You The
Answer - And Why It's So Important



WELCOME

Thank you so much for registering for my Imposter Syndrome Masterclass - just for experienced coaches and mentors.

I can't wait to share it with you. And to help you get the most from it - and remember what we covered afterwards - (anyone else got post-home-schooling sieve-brain?!) I've created this workbook for you.

Please start with the self-mentoring questions on page 5. If possible, do them before the session - it means we get a head start. Then have this guide by your side to scribble notes as we go through our session on Wednesday at 2pm UK-time.

The main masterclass will be sixty minutes and I'll be including Q&A time in there, for you to get answers to your questions, and for you to share your insights and breakthroughs from the session.

See you Wednesday! Clare

PS Want to invite friends or colleagues? www.ClareJosa.com/ForCoaches

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This masterclass has been designed to support your on your coaching and mentoring journey. So please dive in and make the most of the resources. I really hope it inspires you.

If you're excited about sharing some of the models and concepts we cover with friends and colleagues, please feel free to do so - but please also do the right thing and make sure you mention who created them.

And if you're working with clients who struggle with Imposter Syndrome, please bear in mind that these concepts and strategies are my copyright, and this masterclass does not qualify you to integrate this work into your client work. You can [find out more about becoming a certified Imposter Syndrome Mentor here.](#)

Thank you!

GETTING THE MOST FROM THIS

1

BOOK THE TIME IN YOUR DIARY

Clear out the time in your diary to watch this. Turn off notifications and distractions - this is *your* time! The session will run for 60 minutes, including Q&A time.

2

PRINT OUT THIS WORKBOOK

It will help you to stay fully engaged with the session and will act as a useful guide afterwards. It includes important self-mentoring questions, including those on the next page, which are for *before* watching the masterclass!

3

SET YOUR INTENTION

What is important to you about attending this Imposter Syndrome Masterclass? What do you want to get from it? This will help you to spot what's most relevant to you and to get the most from this session. Answer below: **I'm watching this session, because...**

PLEASE ANSWER THESE QUESTIONS BEFORE THE MASTERCLASS

WHAT ROLE DOES IMPOSTER SYNDROME CURRENTLY PLAY IN YOUR LIFE?

HOW DO YOU SELF-SABOTAGE?

HOW DO YOU SEE IT IMPACTING YOUR CLIENTS?

IF YOU COULD ASK CLARE ONE QUESTION ABOUT IMPOSTER SYNDROME, WHAT WOULD IT BE?

WHAT WE'RE GOING TO COVER

1

WHAT IS IMPOSTER SYNDROME?

And what it isn't! Based on the 2019 Imposter Syndrome research study.

THE SELF-DOUBT CONUNDRUM

2

Why it's so important to be able to tell the difference in clients - and how to do this

3

THE PROBLEM WITH THE BRIDGE OF COPING STRATEGIES

Why the bridge of coping strategies falls apart - and how to support a client to release their reliance on this

THE CHALLENGE WITH CLASSIC COACHING

4

What the research tells us about traditional coaching and its impact on Imposter Syndrome

5

WHAT WE NEED TO BE DOING, INSTEAD

Clare's five-step process to help a client to set themselves free from Imposter Syndrome, once and for all

WHAT IS IMPOSTER SYNDROME?

THE IMPOSTER SYNDROME GAP

Imposter Syndrome is the gap between who we _____
_____ and who we _____
_____ to achieve our goals and dreams.

THE DIFFERENCE WITH SELF-DOUBT

Self-doubt is about what we _____.

Imposter Syndrome is about who we _____.

THE DEEPER DEFINITION

Imposter Syndrome is the _____ of others
_____ the way we _____.



IMPOSTER SYNDROME ICEBERG

The Imposter Syndrome Iceberg explains why the research found that classic coaching and mindset work isn't enough to deal with Imposter Syndrome. You need deeper-acting tools.



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IMPOSTER SYNDROME VS SELF-DOUBT - WHY SHOULD WE CARE?

Because the _____
we use to _____ someone
with self-doubt are
_____ to those we
_____ to help

_____ Imposter
Syndrome.

If we use self-doubt
_____ with Imposter
Syndrome we risk
_____ a client's

_____.

THE PROBLEM WITH THE BRIDGE OF COPING STRATEGIES

Every time a _____
 _____ or a _____
 _____ the client has to invest time,
 energy and headspace into
 desperately _____
 _____ of
 _____.

And by that point they have
 normally already
 _____, in order
 to _____.



SELF-SABOTAGE SIGNS

WHAT ARE SOME OF THE SELF-SABOTAGE EARLY WARNING SIGNS WE COVERED?

HOW DO YOU SEE THIS SHOWING UP IN CLIENTS?

AND FOR YOURSELF?

THREE ESSENTIAL Qs

1

Give 5-7 responses to: _ _ _ _ _ , _ _ _ _ _ . . .

2

When that feeling strikes, how do you _ _ _ _ _ - _ _ _ _ _ ?

3

If you took that golden opportunity, _ _ _ _ _ _ _ _ _ _ ?



SELF-TALK 'TELLS'

Self-Doubt

If it's self-doubt, they will be talking about what they ___
 ___ - their ____, _____ and
 _____.

Low Self-Esteem

If it's low self-esteem, they'll be talking about how they're
 ___ - it's at the _____ level.

Imposter Syndrome

If it's Imposter Syndrome, this will have the added secret
 sauce of _____ they will ___ '_____'.

WHY CLASSIC COACHING ISN'T ENOUGH FOR CLEARING IMPOSTER SYNDROME

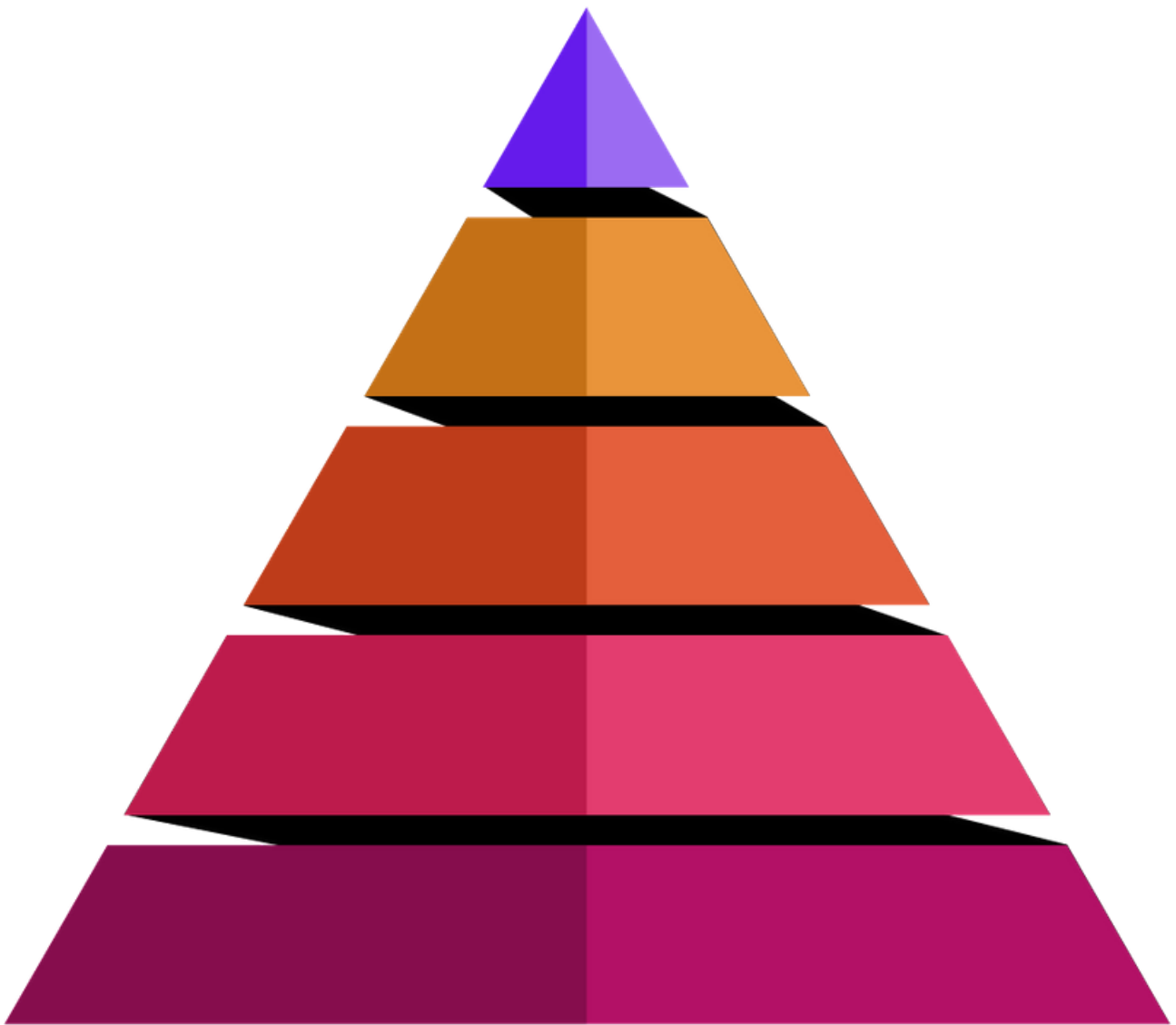


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Because it focuses on _____ and _____
- _____, sometimes with _____
_____ work, rather than _____ the
_____ _____
for Imposter Syndrome.

MY 5 STEP PROCESS

These are the five steps we work through in the book, Ditching Imposter Syndrome, and also in my deep-dive programme, Stepping Up To Lead, developed over my 17 years of specialising in ditching Imposter Syndrome.



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WHAT'S NEXT?

Thank you so much for watching this masterclass. I really hope you found it useful and that it will give you deeper insights into working with clients who struggle with Imposter Syndrome.

If you have questions about what we covered or want to talk about applying to become a Certified Imposter Syndrome Mentor, please email me on hello@clarejosa.com. I'd love to hear from you.

x Clare