

WORKBOOK



IMPOSTER SYNDROME MASTERCLASS

from Clare Josa

www.ClareJosa.com



WELCOME

Thank you so much for registering for my instant-access Imposter Syndrome Masterclass. 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 Friday.

The main masterclass will be sixty minutes. And - I don't know about you - but I really miss the informal 'hanging out together' after in-person events. So I'm going to stay for an extra 30 minutes for those who can join me afterwards for a Q&A and for you to share your insights and breakthroughs from the session.

See you Friday! Clare

PS Want to invite friends or colleagues?

www.ClareJosa.com/ImposterSyndromeMasterclass

COPYRIGHT

This masterclass has been designed to create breakthroughs for you. 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 fair thing and make sure your mention who created them!

And if you're working with clients who struggle with Imposter Syndrome, please bear in mind that these strategies are my copyright and this masterclass does not make you safe 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, with an optional Q&A afterwards.

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?

IF YOU COULD WAVE A MAGIC WAND AND DITCH IMPOSTER SYNDROME, WHAT WOULD CHANGE FOR YOU?

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.

3

HOW IT AFFECTS OUR BEHAVIOUR

Imposter Syndrome's impact on people, performance, productivity and profits - and its secret role in the gender pay gap.

5

TAKING INSPIRED ACTION

How to spot the actions that will have the biggest impact in the fastest time, both for you personally and for your organisation.

WHAT TRIGGERS IT?

2

And how to spot the early warning signs, so you can do something about it *before* you self-sabotage.

PRACTICAL STRATEGIES

4

Moving beyond the bridge of coping strategies. Short-term solutions, self-mentoring questions, and my 5-step process to set yourself free from Imposter Syndrome, forever.

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.



© Clare Josa | www.ditchingimpostersyndrome.com/research

WHAT TRIGGERS IMPOSTER SYNDROME?

1

Anything that creates a
_____ in
_____.

2

s _____

c _____

c _____

3

Q: What triggers it for you?





POWER OF SELF-TALK

1

**WHAT DID YOU NOTICE FROM THE FIRST STATEMENT:
I AM _____ AND _____?**

2

**WHAT DID YOU NOTICE FROM THE SECOND STATEMENT:
I AM _____ AND _____?**

3

**WHAT DOES THIS TEACH US ABOUT THE POWER OF OUR
SELF-TALK TO INFLUENCE OUR ACTIONS?**

THE STRESS CYCLE

The Stress Cycle explains how a single thought can turn into a full-blown Mind-Story Drama, turning the proverbial molehill into a mountain. It's also the basis of the ABC technique you'll learn later in the masterclass, that helps you press 'reset' and get back your perspective.



© Clare Josa

The Two Types Of Fear:

_____ fear
and
_____ fear.

Your body _____
every _____ you
_____.

EARLY WARNING SIGNS

1

WHAT ARE SOME OF THE EARLY WARNING SIGNS WE COVERED?

2

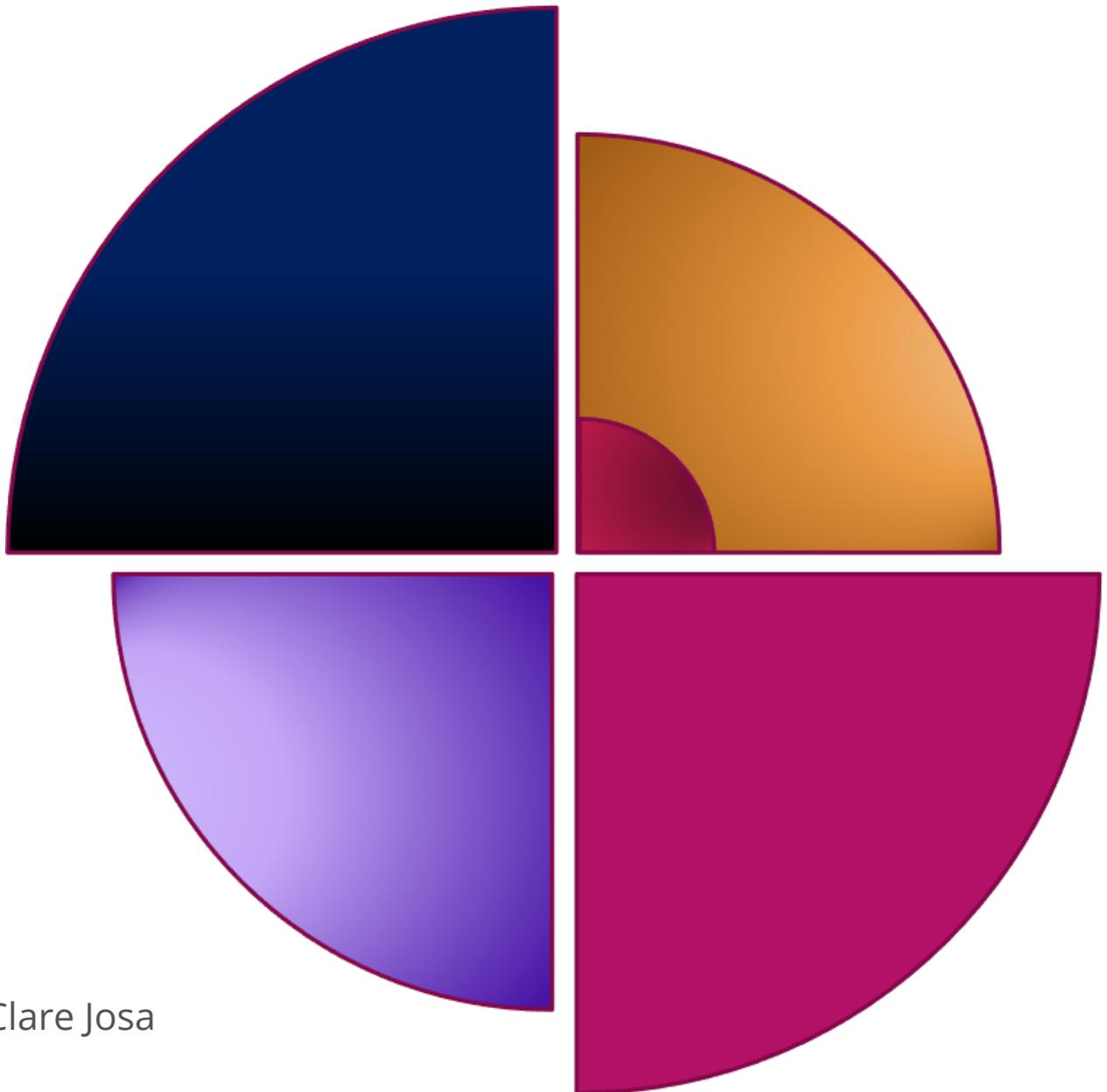
WHAT ARE YOUR IMPOSTER SYNDROME 'TELLS'?

3

WHAT WAS YOUR FLINCH FACTOR?

4 PS OF IMPOSTER SYNDROME

This model came from the landmark 2019 Imposter Syndrome Research Study and helps us to see how Imposter Syndrome affects people, productivity, performance, and company profit.



© Clare Josa

HOW IT AFFECTS YOU

KNOWING WHAT YOU NOW KNOW, HOW DOES IMPOSTER SYNDROME AFFECT YOU ON AN EMOTIONAL LEVEL?

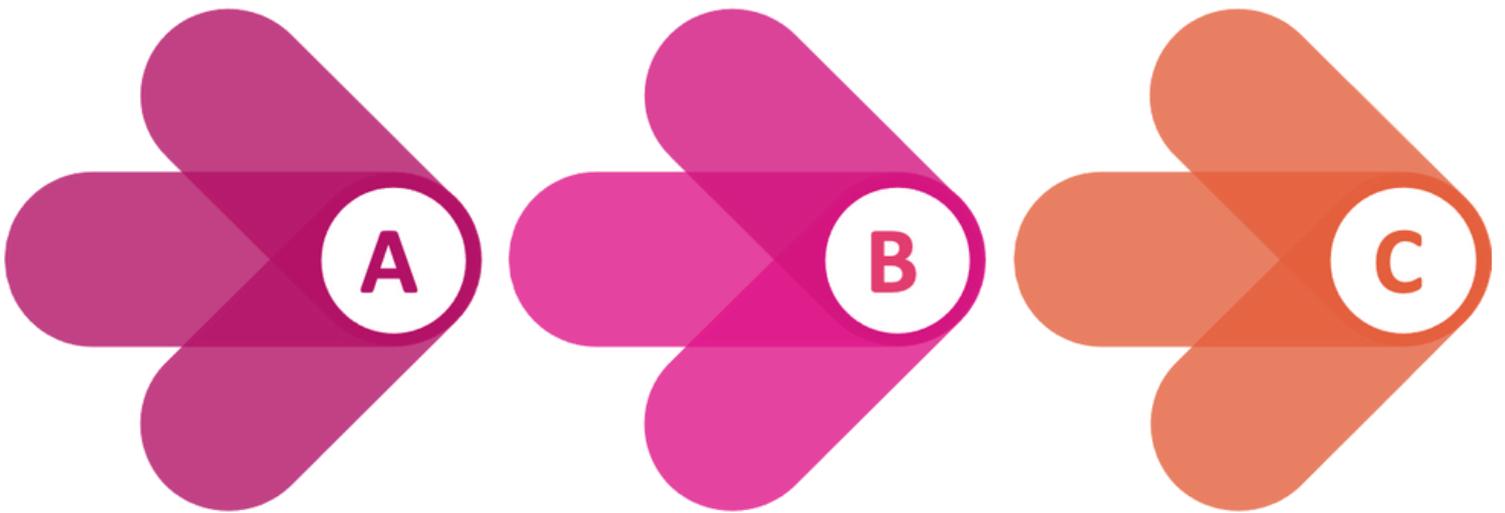
HOW DOES IT AFFECT YOU ON A PRACTICAL LEVEL, AT WORK?

IF YOU NO LONGER HAD IMPOSTER SYNDROME, WHAT WOULD YOU BE DOING, THINKING AND FEELING DIFFERENTLY?

PRACTICAL SOLUTIONS

Forget 'pushing on through' and the 'bridge of coping strategies' it's time to:

----- the ----- and -- -- anyway!



© Clare Josa

This super-simple, sixty-second strategy teaches you how to press 'pause' on your inner critic, in under sixty seconds. It also rewires your neural pathways and the filters in your brain to start turning your inner critic into a genuine cheerleader.

POWER OF MICROWINS

The keys to microwins:

1

MAKE THEM _____.

2

MAKE THEM _____.

3

DON'T JUST _____ **THEM.** _____ **THEM.**

How might you remind yourself to play with this strategy at the end of each working day?

THE IMPOSTER SYNDROME MYTHS

It's important to be able to spot - and clear - the Imposter Syndrome myths, because:

The ----- won't let you ----- that it believes is -----.

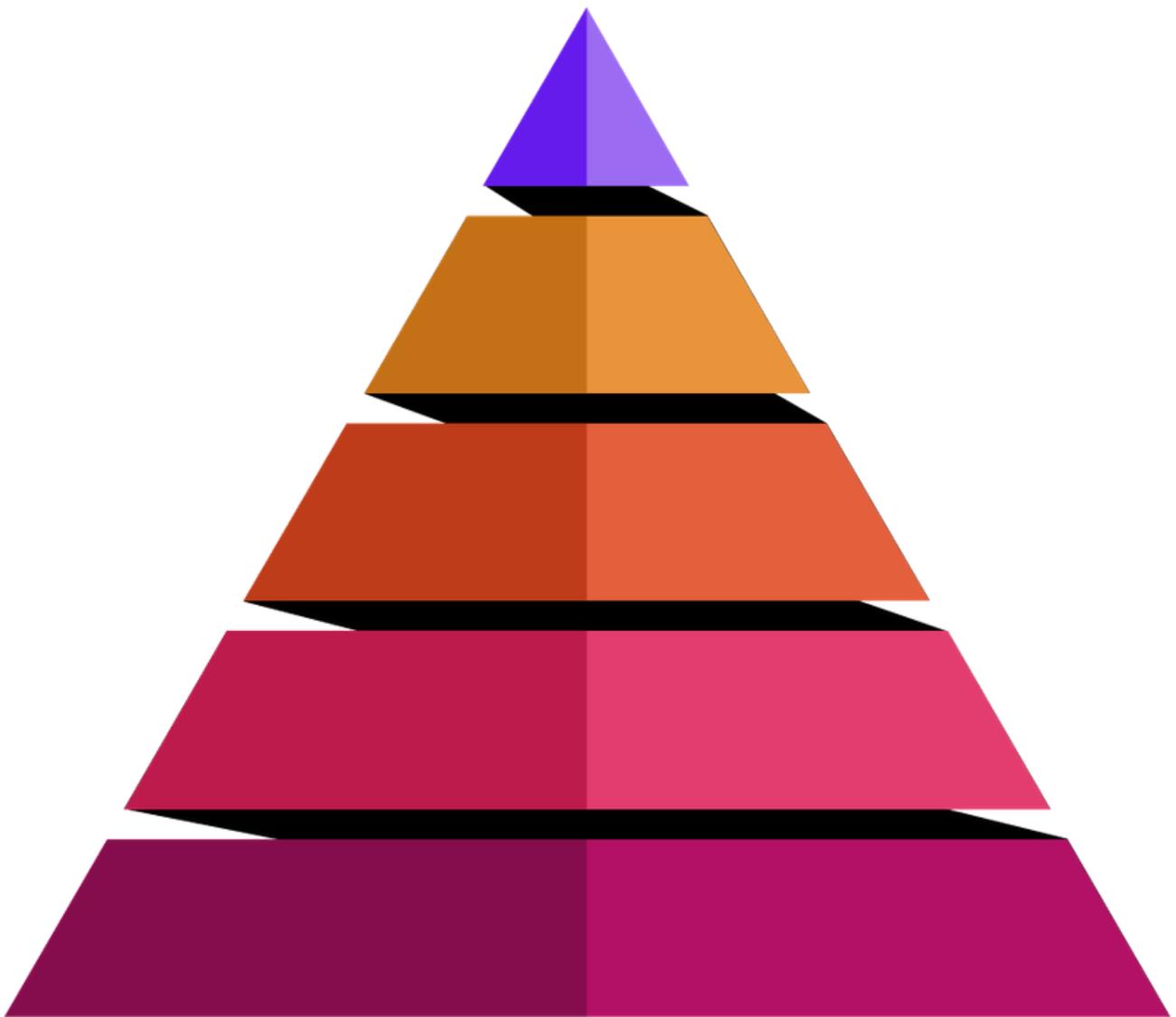
HOW TO SPOT YOUR OWN IMPOSTER SYNDROME MYTHS:

I can't ----- Imposter Syndrome ----- :

Write at least 5-7 responses to this statement to uncover your the Imposter Syndrome myths that could be holding you back.

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.



© Clare Josa

SELF-MENTORING QS

1

Is it _____? Or is it just _____
_____?

2

MY MAGIC QUESTION

What do I _____?

NINJA TIPS:

Make it _____.

Phrase it _____.

Make it something _____.

3

What is the first _____ I could _____?

THE RISKS OF DOING NOTHING

WHAT COULD HAPPEN IF YOU DON'T DO ANYTHING ABOUT IMPOSTER SYNDROME? WHAT MIGHT YOU MISS OUT ON?

WHAT MIGHT SHIFT FOR YOU IF YOU *DO* DO SOMETHING ABOUT IMPOSTER SYNDROME?

WHAT SUPPORT MIGHT YOU NEED FOR THAT JOURNEY?

ACTION CREATES CHANGE

WHAT ACTIONS DO YOU WANT TO TAKE IN THE NEXT YEAR ON IMPOSTER SYNDROME??

WHAT IS THE VERY FIRST 'NEXT-24-HOURS' STEP?

WHAT SUPPORT MIGHT YOU NEED AND HOW WILL YOU GET IT?

HOW WILL YOU SPOT THE PROGRESS YOU'RE MAKING?



THANK YOU

Thank you so much for watching this session and for following through this workbook. I really hope you have found it useful.

The key to a masterclass like this is that it can create breakthroughs, just by watching it, but the real shifts come from the actions you take afterwards. So I strongly encourage you to take some time to decide what's next for you - and to get it in your diary!

Taking an action within 24 hours gives your unconscious mind the signal that you really mean this - you're ditching Imposter Syndrome!

If the idea of working with me on this appeals, rather than asking Uncle Google and hoping for the best, there are some suggestions on the next page. I'd love to get to fast-track your Imposter Syndrome ditching journey (hint: together, we can take it from years to just weeks).

Please make sure you connect with me on LinkedIn. I'm [@clarejosa](#).

And I'd love to hear from you - what were your lightbulb moments from this session, and what's your very first action towards setting yourself free from Imposter Syndrome?

x Clare

WANT TO WORK TOGETHER?

I've spent the past 17 years specialising in Imposter Syndrome, so you don't have to. Here are some ways we could work together. And if you'd like to book a talk like this one for your organisation, [here's where to find out more](#).

To book a call with me to discuss working together, go to:
www.ClareJosa.com/call/



A graphic for the 'Stepping Up To Lead' program. It features a gold dragonfly logo on the left. The text 'Stepping Up To Lead' is written in white on a dark purple background. Below the graphic is a yellow banner with the text 'STEPPING UP TO LEAD' in white.

STEPPING UP TO LEAD

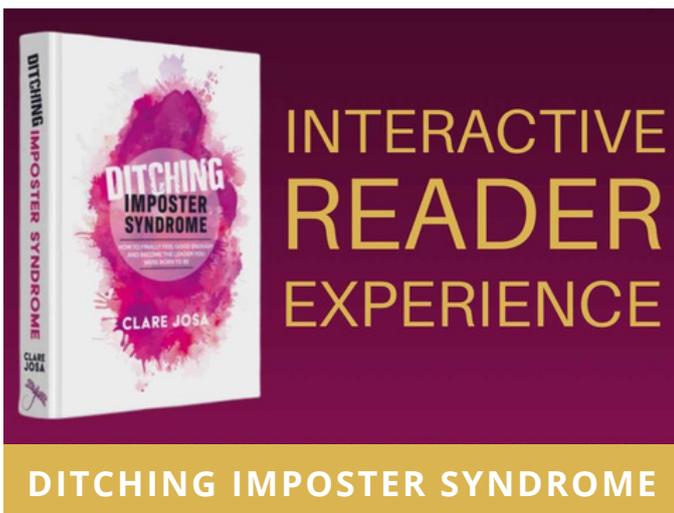
This transformational 90-day leadership development programme creates breakthroughs fast, including ditching Imposter Syndrome. [Find out more here](#).



A graphic for 'Certified Imposter Syndrome Mentor Training'. It features a gold dragonfly logo on the left. The text 'Certified Imposter Syndrome Mentor Training' is written in white on a dark purple background. Below the graphic is a yellow banner with the text 'IMPOSTER SYNDROME MENTORS' in white.

IMPOSTER SYNDROME MENTORS

For experienced coaches & mentors, in-house or running your own business. Post-grad certification to become an Imposter Syndrome Mentor. [Details here](#).



A graphic for the 'Ditching Imposter Syndrome' book. It features an image of the book cover on the left, which has a pink and purple abstract design. The text 'INTERACTIVE READER EXPERIENCE' is written in yellow on a dark purple background. Below the graphic is a yellow banner with the text 'DITCHING IMPOSTER SYNDROME' in white.

DITCHING IMPOSTER SYNDROME

[Read the book](#) & go VIP in the readers' vault Interactive Reader Experience, to feel fully supported on your journey.



A graphic for 'Imposter Syndrome Awareness Training'. It features a gold dragonfly logo on the left. The text 'Imposter Syndrome Awareness Training' is written in white on a dark purple background. Below the graphic is a purple banner with the text 'BESPOKE IN-HOUSE' in white.

BESPOKE IN-HOUSE

In-house training for HR teams and line managers on spotting and supporting Imposter Syndrome. [Find out more](#).