

**DITCHING**  
**IMPOSTER**  
**SYNDROME**

# Imposter Syndrome Mentor Training With Clare Josa

Full Programme Outline



# Part Time, Twelve Month Certification Programme

## Phase 1

**For Yourself**  
Months 1-3

Experience the full programme for yourself, clearing out your hidden blocks, getting you ready to do this deep level of work with clients

## Phase 2

**For Client Work**  
Months 4-6

Revisit each module, this time learning how to coach and mentor someone through the journey, handling sticky points & helping them to create breakthroughs

## Phase 3

**Putting Into Practice**  
Months 7-12

The implementation and consolidation stage is about you being supported as you apply this work with 1:1 clients



This is more than just a  
certification programme. It's  
possibly the most potent personal  
development opportunity you'll  
take for years.

#DitchYourImps  
#GoingBeyondMindset



# The Three Core Elements Of Your Clients' Journey



1

## Clarity

Who am I? Where am I?  
Who do I want to be?  
What's getting in my way?  
Why do I want this mentoring?



2

## Clearing Out Blocks

Taming your Inner Critic,  
clearing limiting beliefs,  
dealing with secondary  
gain and 'sticky' blocks,  
ditch Imposter Syndrome



3

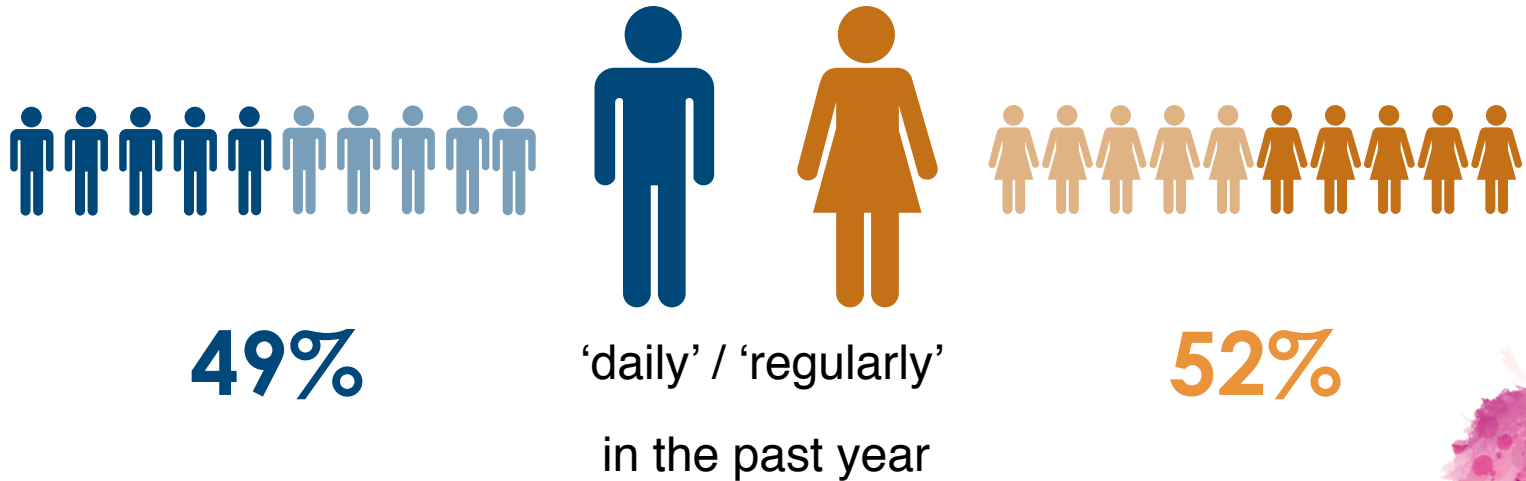
## Inspired Action

Influencing  
authentically,  
courageous alignment,  
consciously creating  
your future



# Why Now?

Imposter Syndrome is a silent epidemic that is costing businesses billions in terms of people, performance, productivity and profit. Being able to genuinely support people in ditching Imposter Syndrome, in ways that are healthy and safe, will make you a vital part of the company's development team.



[www.DitchingImposterSyndrome.com/research/](http://www.DitchingImposterSyndrome.com/research/)



# Certification & CPD

- ▶ This programme will give you a post-graduate coaching and mentoring certification in being an Imposter Syndrome Mentor
- ▶ It counts towards CPD hours for most institutions
- ▶ It gives you a certification that will allow you to get insurance to practice as an Imposter Syndrome Mentor, either in-house or as an external coach
- ▶ The certification programme is recognised by all of the main regulatory bodies
- ▶ Please contact Clare's team if you have questions about your specific regulatory body
- ▶ Note: this programme does not qualify or authorise you to teach the content covered, outside of a 1:1 mentoring agreement



# Who Is This Programme For?

This is perfect for you, if:

- You're already an established coach, with 1:1 experience
- You are excited about learning new methods to help your clients
- You're open-minded and willing to challenge some of the classic 'coaching' assumptions
- You're comfortable with the idea of moving beyond coaching into mentoring

This is not right for you, if:

- You're not a qualified coach or don't have any coaching experience
- You're attached to processes like the 'GROW' model and don't want to expand your toolkit
- You're not prepared to put in the time and effort to make a success of this programme



# You Are Fully Supported

## 1:1 Mentoring

You get quarterly 45 minute 1:1 mentoring sessions with Clare during the programme

## Small-Group (Max 12) Support

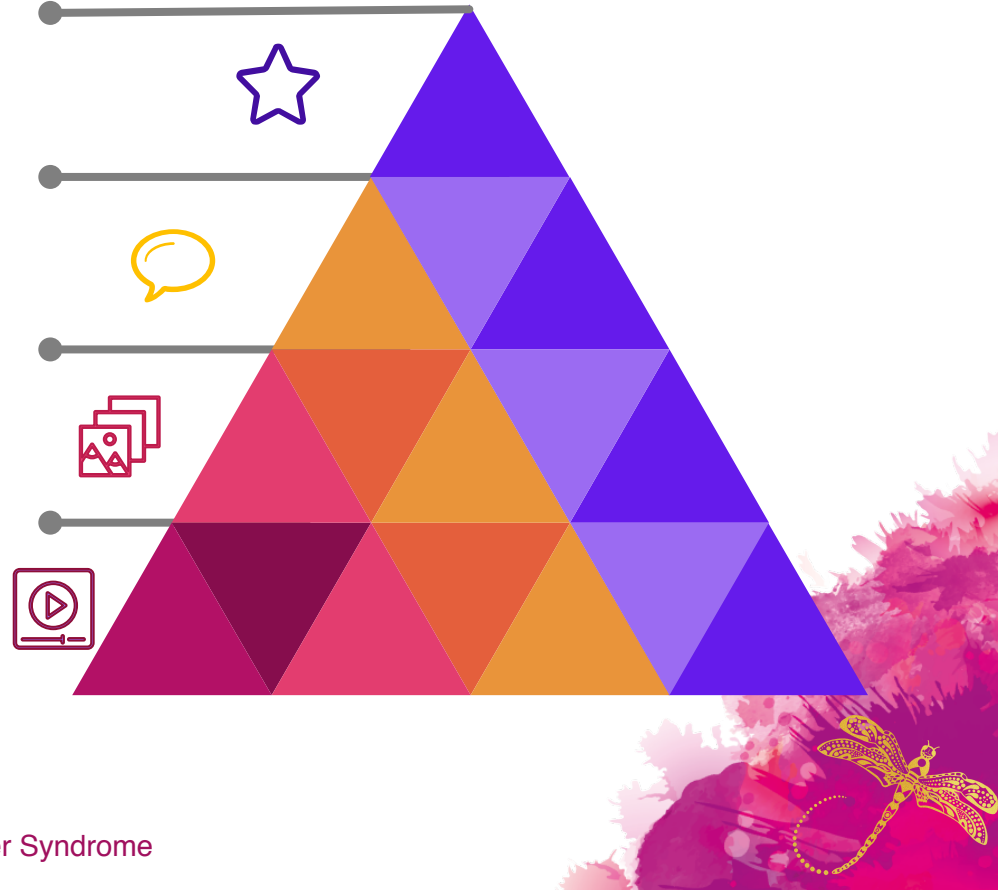
Twice-monthly group Q&A calls for the first six months and monthly, thereafter, plus the private forum and the Facebook group

## Integration Assignments

Each module comes with a reflective learning mini-assignment, and you'll complete six client case studies as part of your certification

## Unique, Practical Training

Most of the modules are taught via online training, using accelerated learning techniques. There are also two x two-day retreats over the first six months, to deep-dive on core concepts.





# How This Format Works

Most of the modules are taught with bite-sized videos or audios. They each come with a workbook, guided visualisation MP3s (change your life and learn while you lie down and relax!), as well as quizzes and discussions in the programme's private forum. You'll get a module every 2-3 weeks.

The teaching for modules 4 and 5 takes place on the two-day teaching retreats – one in phase one and one in phase two. These are also audio recorded, so you've got access to them afterwards, if you want to listen again.

The group calls are a great place to celebrate your successes and get answers to your questions with hot seat mentoring, and you'll often find you learn more from others' questions and breakthroughs, than from the questions you ask yourself. These are all via Zoom and are recorded so that group members can watch the replays.

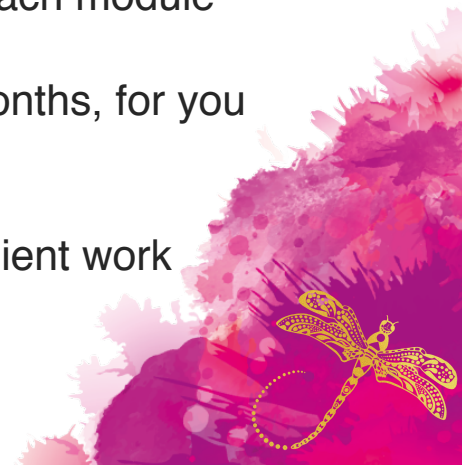
The Facebook group is there for general chat about the course topics and mentoring, if not covered in the private forum.

Your 1:1 sessions with Clare make sure you've got deep-dive support, too.



# How Much Time Does It Take?

- ▶ Expect the programme to take around two hours per week during the teaching phase, to:
  - ▶ study the materials
  - ▶ apply the techniques
  - ▶ support others in the forum and get answers to your questions
  - ▶ join in with the twice-monthly group calls
  - ▶ and to complete the reflective learning mini-assignment for each module
- ▶ There are also two 2-day teaching retreats during the first six months, for you to learn the deep-dive core techniques
- ▶ After the main teaching stage, most of your time will be on the client work and the six case studies.



# The Full Syllabus



Module 1: Clarity



Module 2: Taming Your Inner Critic



Module 3: Clearing Hidden Fears & Beliefs



Module 4: Letting Go Of The Sticky Stuff



Module 5: The Power Of True Confidence



Module 6: Consciously Creating Your Future





# Module 1: Clarity

## Phase 1 (For You)

- Where am I now?
- What do I want?
- Who do I want to become?
- What's stopping me?
- Letting go of inner victim patterning
- Reclaiming your personal power
- How to keep motivated on this change journey

## Phase 2 (For Working With Clients)

- Setting up the mentoring relationship for success
- Why clients resist 'clarity', but can't progress without it
- What to do if a client gets stuck
- The power of 'I am'
- How to keep them motivated
- Telling the difference between Imposter Syndrome & self-doubt – and how to handle them differently





## Module 2: Taming Your Inner Critic

### Phase 1

Ditching the Imposter Syndrome myths

The neuroscience of peak performance – demystified

Going beyond mindset

Taming your Inner Critic – without white-washing or pushing on through the fear

How to escape from chronic stress and hypervigilance

### Phase 2

How to spot other myths and assumptions that could hold a client back from breakthroughs

Getting past cognitive bias and the backfire effect

How to clear the physiological addiction to mind-story drama

Deep relaxation as a tool for change

Meditation vs guided visualisation

Mentoring language to facilitate healthy breakthroughs



# ! Module 3: Hidden Fears & Beliefs

## Phase 1

How to clear your limiting beliefs, hidden fears and secret excuses

The power of secondary gain to keep you stuck, and how to clear it

How to create positive affirmations that actually work

The power of gratitude to turn your Inner Critic into your biggest cheerleader

## Phase 2

Metaprogrammes to spot client motivations

Unpicking attachments and secondary gain

Working with values to create transformation and inner calm

Using identity-level affirmations

Dealing with past trauma, safely, and when to ask for help

The difference in how introverts vs extroverts need support





# Module 4 (Retreat): Letting Go Of The Sticky Stuff

## LEARNING OUTCOMES

### Phase 1

Tools to safely clear out the sticky stuff, including Solution-Focussed EFT ('tapping') and pranayama (breathing techniques)

How to work safely with your blocks and not be scared of letting them go

Taking off your secret masks  
Showing up as all of who you really are

### Phase 2

Using your intuition, vs mind-reading and assumptions

Using your body and energy to support change

Handling client resistance and fear

How to close Pandora's box and when to refer someone on

Coping strategies vs root cause analysis and when each is needed

Client-safe Solution-Focussed EFT



# ☆ Module 5 (Retreat): The Power Of True Confidence

## LEARNING OUTCOMES

### Phase 1

Developing a healthy internal feedback mechanism

How to get off the emotional rollercoaster of praise and criticism, without shutting down

The difference between judging yourself and evaluating your performance

Courageous alignment to give you courage

### Phase 2

Hearing (and feeling) what isn't being said

Getting your own energy high and out of the way, to facilitate change

Protecting your own energy levels and boundaries

How we unconsciously block our client's progress

From head to heart – being who your client needs you to be







## Module 6: Consciously Creating Your Future

### Phase 1

- Influencing authentically
- Being a conduit vs a crusader (aka ditch the monkey)
- Dealing with difficult people and tough conversations
- How to handle energy vampires, without resorting to garlic & wooden stakes
- Consciously creating your future, with clarity, confidence and passion

### Phase 2

- Setting your client up with skills for life & making yourself 'redundant'
- Bringing mentoring to a healthy close
- Supervision and developing yourself
- Marketing – in-house or external
- Client on-boarding – priming for success
- The power of testimonials & case studies, vs confidentiality
- Healthy client boundaries, even after the mentoring ends



# Typical Timeline (May Vary Slightly To Avoid Seasonal Clashes)

## Phase 1

**For Yourself**  
Months 1-3

Week 1: Module 1  
Week 3: Module 2  
Week 5: Module 3  
Approx Week 8: 2-  
Day Workshop For  
Modules 4 & 5  
Week 11: Module 6

## Phase 2

**For Client Work**  
Months 4-6

Week 14: Module 1b  
Week 16: Module 2b  
Week 18: Module 3b  
Approx Week 22: 2-  
Day Workshop For  
Modules 4b & 5b  
Week 25: Module 6b

## Phase 3

**Putting Into Practice**  
Months 7-12

The implementation  
and consolidation  
stage is about you  
being supported as  
you apply this  
work with  
1:1 clients



# What Happens After The Programme?

The support doesn't end at the completion of your twelve-month programme.

You have access to the training materials for the full twelve months, and there's the option to keep lifetime access, as well as getting all future updates, for as long as you remain part of Clare's certified members programme. This gets you:

- ▶ Access to additional online training materials, including guest expert masterclasses, for on-going CPD. This is required, to renew your qualification each year after your first twelve months.
- ▶ An entry on Clare's directory for referrals to corporations and individuals, including via the Ditching Imposter Syndrome website (Clare only takes on ten clients a year and needs experts to whom to refer the extra work) as a certified Imposter Syndrome Mentor.
- ▶ Lifetime access to the core training materials, for as long as you stay a member, including any future updates.
- ▶ Annual CPD day – included in your membership – face-to-face and virtual options.
- ▶ Continued support of your peers and Clare in the private forum and grads Facebook group.
- ▶ Monthly group Q&A calls, which can be incredibly helpful if you've got a client who is stuck, or if you want to share a success, or to learn about new techniques.



# What's The Investment?

This is a small group programme, where you will get group and individual support. It will teach you how to work with clients at a level that most coaches and mentors can't work, helping you to co-create breakthroughs where others couldn't, as you will be an expert in this field.

Places are limited, so you won't get 'lost in the crowd' and get the quality of support you deserve. There are maximum twelve places for each round of this training.

It runs once per year as a public course, with individual places available. I run maximum four rounds per year as a corporate in-house programme.

If you are self-funding, the investment in 2020 is between £4,995 and £6,995, depending on how early you book. The next open course starts in September 2020.

For corporate courses, a bulk discount is applied if you book a programme with at least ten attendees.



# How To Apply

- ▶ Send an email to Clare to let her know your application is on its way and to reserve your place for two weeks: [hello@clarejosa.com](mailto:hello@clarejosa.com)
- ▶ Fill in the application form here:  
<https://ditchingimpostersyndrome.com/imposter-syndrome-mentor-training/>
- ▶ Submitting the form will take you to Clare's online scheduler, to book a call with her, to give you a chance to ask any questions
- ▶ To then secure your place, you'll need to pay the initial 50% of the programme fee and set up the instalment payments for the remainder. Clare will explain how to do this.
- ▶ Got questions first? Email [hello@clarejosa.com](mailto:hello@clarejosa.com)

