

IMPOSTER SYNDROME



CERTIFIED IMPOSTER SYNDROME MASTER COACH WELCOME PACK

2024 Cohort

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CONGRATULATIONS

Congratulations on successfully applying for the 2024 / 2024 round of the Certified Imposter Syndrome Master Coach programme. I can't wait to get to share this with you. We start on 15th January, and the programme will run for a full year, in three phases:

Phase One is where you learn the foundation-level strategies in my Natural Resilience Method® Facilitator training. It covers steps 2 and 3 from the roadmap (we've included that in a couple of pages, as a reminder). This is an inspired blend of online course, private discussion threads, and twice-monthly tutorial calls with me.

Phase Two is where you moving into Mastery, covering steps 4 and 5 of the roadmap, learning how to do this deeper work with others. For the first part of this, you'll learn as you did for phase one. For the second part, the tuition is live, in twice-monthly online workshops for about three months.

Then **Phase Three** is supported implementation, with your six case studies and monthly group calls for six months.

This welcome pack will hopefully answer any questions you might have at this stage, so you can relax and feel ready to dive in.

But if there's a question we've not covered, please let us know. Our Operations Manager is a great first point of contact for everything from diary enquiries to tech support, and her email address is at the bottom of every page. We'll do a proper introduction to her in our first call.

The most important thing you can do first is to block out time in your diary for:

- the weekly modules
- twice-monthly tutorial calls for steps 2 and 3

These are on the next two pages, to make it easy for you to refer back to.

I can't wait to get to work with you on this next stage of your journey.
Clare

CALL DATES



All times are listed as UK time. The calls are there for you to ask questions and get hot seat mentoring, and they are important, so please do attend if at all possible. They last up to an hour. They will be audio recorded, and only cohort members will be able to access the recordings.

Please make sure you have put them in your diary. Thank you.

WELCOME CALL: 2PM MONDAY 15TH JANUARY

Here's the Zoom link. It will be the same for every call. Please add this to your diary:

<https://us02web.zoom.us/j/85115434947?pwd=WkNINDNCakdiaTg4N0NETWdxOTM0dz09>

Meeting ID: 851 1543 4947 Passcode: 582849

- 25th January
- 8th February
- 22nd February
- 7th March
- 21st March
- 11th April
- 25th April

All calls are on Thursdays, at 2pm UK time.

Note: these are the twice-monthly tutorial calls for Phase One. The calls for Phase Two, which will start in late March, will be published in due course and we'll be asking for your input on availability.

CELEBRATION CALL: 9TH MAY 2024

We've added all of the call and module release dates to [this Google Calendar](#).

It's really worth subscribing to this, meaning the dates for calls and module releases will automatically appear in your diary.

You don't have to use Google as your calendar to do this. The how-to varies, depending on whether you want to do this on a computer or a phone and the operating system, but [here's how to find what will work for your setup](#).

MODULE DATES



MODULE RELEASE DATES

Weekly self-study modules are released each Monday at 9am UK time, and you can complete them at your own pace each week. You'll start by experiencing the Imposter Syndrome Bootcamp™ programme for yourself (step two), before learning how to do this work with clients (step three).

In this foundation phase you should block out about 1 1/2 hours per week for your modules. **It's really important that we all work together to complete these on schedule, so you can get the most from the tutorial calls.**

After this phase, the Mastery modules are taught live and we'll all agree the dates for those sessions over the coming months.

Here's when you'll get each module in steps 2 and 3 - please make sure you block out about 1 1/2 hours per week to get the most from these materials.

- Module 1: 15th Jan 2024
- Module 2: 22nd Jan 2024
- Module 3: 29th Jan 2024
- Integration week: 5th Feb
- Module 4: 12th Feb
- Module 5: 19th Feb
- Module 6: 26th Feb
- Integration Week: 4th March
- Module 7: 11th March
- Module 8: 18th March
- Module 9: 25th March
- Integration week: 1st April
- Module 10: 8th April
- Module 11: 15th April
- Module 12: 22nd April

Note: you are NOT expected to have completed that week's module before the Thursday calls!

ROADMAP

Your Soultuitive® Coaching Lab Journey

You are on the **Mastery** path

START HERE

Lay strong foundations for this journey by doing the 'time' masterclass, and blocking time out of your diary. You've already got the calendar in your 'Calendar & Calls' tab.

1

FOR YOURSELF

Start with the **Imposter Syndrome Bootcamp™**, applying the strategies and techniques to yourself, and watch those blocks melt away!

2

FOR OTHERS

In the **Natural Resilience Method® Practitioner** phase, you learn how to use the Bootcamp strategies with others, 1:1, in ways that are safe and effective.

3

FOR YOURSELF

Move on to create breakthroughs in your life, even with 'sticky' blocks in the ground-breaking **Stepping Up To Lead™** training.

4

FOR OTHERS

Move into Mastery with your **Imposter Syndrome Master Coach** modules and assignments.

5

GRAD MEMBERSHIP

Once you've completed your assessments, you're able to become a Mastery-level grad member of the Soultuitive® Coaching Lab, complete with the benefits that brings.

6

YOUR MASTERY JOURNEY

Here's a reminder of your roadmap for your Imposter Syndrome Master Coach programme.

The work we'll be doing together from January to April is the foundation-level training.

And you'll move on to the Mastery level in Spring 2024.

The six months of Mastery training is followed by a further six months of support as you implement what you have learned, and complete your case studies.

May - December 2024 January - April 2024

WHAT YOU'LL LEARN

FOUNDATION: STEPS 2 & 3

Step 2: Learning It For Yourself

1

DE-STRESSING QUICKSTART

Near-instant stress-cutting strategies to help you get the most from this training.

2

INNER-CRITIC-TAMING

Rewire your brain - neuroplasticity in pain-free, sixty-second chunks. Start turning your inner critic into a genuine cheerleader.

3

ADRENALIN ADDICTION

Rewire your body to turn off the stress response, so it doesn't kick off your inner drama queen / king whenever it needs an adrenalin fix.

4

RESETTING TOXIC BOUNDARIES

Reclaiming your personal power! Whether it's people or habits, it's time to choose how to spend your energy and time.

5

FROM FORCING TO FLOWING

Discover the vital difference between goals and vision, plus how to become *naturally* resilient in just 3 minutes a day.

6

GETTING BACK YOUR MOJO

Reconnect with your passion for making a difference, without draining your batteries.

Step 3: Learning To Support Others

7

MYTHS VS FACTS

Learn the research-backed essentials to be able to confidently lead a discussion on Imposter Syndrome.

8

WARNING SIGNS

How to spot the tell-tale signs, so you can intervene before someone self-sabotages, and discover how it impacts individuals and teams.

9

OPENING UP THE DISCUSSION

Be confident in opening up the discussion without someone wanting to run and hide.

10

FIRST-AID TECHNIQUES

How to teach the 'first aid' techniques that work in under sixty seconds, plus being able to proactively spot potential triggers.

11

PREVENTATIVE TECHNIQUES

Teaching techniques that rewire the body and the brain to be primed to think genuinely positive, confident thoughts.

12

COMPANY CULTURE

Removing the taboo. Shifting from toxic resilience to natural resilience. Creating feedback processes that are Imposter-Syndrome-proof.

HOW YOU'LL LEARN

RESEARCH-BACKED MODULES

Designed to fit into the busiest schedules and created based on 20 years of research, each module guides you through what you most need to know to be confident, effective and safe in supporting people with Imposter Syndrome on a first-aid basis.



GET ANSWERS TO YOUR QUESTIONS

The training comes with a private forum, where Clare answers your questions as you go through the course. Plus you get three months of fortnightly tutorials just with your cohort, then nine months' access to Clare's monthly hot seat coaching calls.



SUPPORTED IMPLEMENTATION

The key to a successful training outcome is implementation, so this training actively supports you to get you taking steps towards that throughout the modules, through the training design and the two short assignments, plus through the forum and twice-monthly calls.



MOVING INTO MASTERY

WHAT HAPPENS NEXT?

- 1 MASTERY WELCOME PACK**

In early spring 2024 you'll get a separate welcome pack for the Mastery phase of your training, with call and module dates, and details of what to expect when, including how we support you with your case studies.
- 2 CERTIFICATION**

As soon as you have successfully completed your two foundation-level assignments and your one case study (not three), you'll get your foundation-level certification, meaning you can start to use those techniques with clients.
- 3 MENTORING WITH CLARE**

During the year of your Mastery phase, you'll get four 1:1 mentoring sessions with Clare. Details of how to book those will be in your portal.
- 4 BECOMING A MASTER COACH**

This requires you to conduct six case studies, during the six months after your Mastery training, implementing what you have been learning. Then you'll have an interview with Clare, and you'll be a certified Imposter Syndrome Master Coach!



QUESTIONS?



HOW DO I ACCESS THE MODULES?

These are released each week and you'll find them in my secure online training vault. Because you're learning with your group, it's important to stay as up-to-date as you can.

You'll be emailed details of how to log in once we go live on.



HOW DO THE CALLS WORK?

The calls are optional and they're audio-recorded, only available to your cohort. You'll be sent a Zoom link to join them.

In the calls, I answer your questions and you can have hot seat mentoring to get unstuck. I'll stay for as long as there are questions!



WHAT ABOUT THE FORUM?

This programme comes with a private discussion area, just for students on your cohort. You'll find it in the training vault, integrated into your modules. Think of it as a place to get quick answers and celebrate wins. 'Bigger' questions work better in the tutorial calls.



WHAT DO THE ASSIGNMENTS INVOLVE?

In steps 2 and 3, these are designed to support you in implementing what you're learning in phase two and they each take under an hour, plus one cast study.

They are short, typed summaries of what you learn when practising, submitted to me privately via the secure training portal.

QUESTIONS?



CAN I INVITE A COLLEAGUE?

We'd be thrilled if you could help to spread the word about this programme. However, the Imposter Syndrome First-Aider / Natural Resilience Method® Practitioner course is a pre-requisite, so they would need to start with that. We operate a referral system, as a thank you, so please get in touch with us to find out more.



WHEN CAN I MARKET MYSELF AS A MASTER COACH?

When you complete steps 2 & 3, you can market your work as a certified Imposter Syndrome First-Aider / Natural Resilience Method® Practitioner, but you will need to wait until the successful completion of your step 5 case studies and interview, before you can marketing yourself as a Master Coach.



CAN I RUN TRAINING ON THIS?

This course teaches you how to share these techniques on a 1:1 basis. It is not a 'train the trainer' programme. That requires a deeper depth of understanding of the materials.

[Here's where to find out how to apply to join our trainer certification programme.](#)



HOW DOES CERTIFICATION WORK?

I'll be looking to see that you have actively engaged with the materials throughout the programme and have a deep understanding of them. I'll also review your case studies

Upon successful completion, and a short interview, you will receive confirmation of your certification.



YOUR NEXT STEPS

- 1. Block out time for the calls** in your diary / calendar
- 2. Block out time each week to go through each week's module**
(I recommend about 1 1/2 hours per module plus practice time)
- 3. Complete** the Imposter Syndrome Scorecard **here**

This is a really useful 'stake in the ground' so you can measure the shifts you'll be making over the coming year.

Let us know if you have any questions - hello@soultuitiveleadership.com

I can't wait to share this with you!
Clare