

IMPOSTER SYNDROME



NATURAL RESILIENCE METHOD PRACTITIONER WELCOME PACK

January 2024 Intake

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AUTHOR & KEYNOTE SPEAKER



Thank you so much for registering for the January 2024 round of my Certified Natural Resilience Method® Practitioner / Imposter Syndrome First-Aider programme. I can't wait to get to share this with you.

We start on 15th January and will run until early May.

This welcome pack will hopefully answer any questions you might have, 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 inquiries to tech support, and you can reach her via the email address at the bottom of each page. We'll do a proper introduction in our first call.

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

- the weekly modules
- tutorial calls

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

The tutorial calls are optional, but students tell me they're like gold dust. You often learn more from the discussions than from your own questions. So please block these out as non-negotiable in your diary!

I can't wait to share this with you.

Thank you,
Clare

CALL DATES



All tutorial calls are at 1pm UK / 8am EST. Tutorial calls with Clare Josa will be audio-recorded and only you and your fellow cohort members will be able to listen to them. The Zoom link is below and it's the same for all meetings. Calls last up to one hour, so please block off time in your diary for them.

WELCOME CALL: 1PM 11TH JANUARY 2024

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

CELEBRATION CALL: 9TH MAY 2024

Zoom link:

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

Meeting ID: 851 1543 4947

Passcode: 582849

We've added all of these diary dates to **this Google Calendar.**

Please make sure you take note of the dates and times from this calendar to make sure you don't miss an important date for your training.



MODULE RELEASE DATES

Weekly Modules are released each Monday at 9am UK time. But that doesn't mean you have to do them right there and then! They're designed for you to study at your own pace, in bite-sized chunks, throughout the week.

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

Stage One: For Yourself

- Module 1: 15th January
- Module 2: 22nd January
- Module 3: 29th January
- Integration Week: 5th February
- Module 4: 12th February
- Module 5: 19th February
- Module 6: 26th February
- Integration Week: 4th March

Stage Two: Helping Others

- 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 Wednesday calls!

WHAT YOU'LL LEARN

PROGRAMME OUTLINE

Phase 1: Learning It For Yourself

Phase 2: Learning To Support Others

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.

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 three short assignments, plus through the forum and twice-monthly calls.



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!



HOW DO I ACCESS THE PODCAST?

This programme comes with a private podcast, which includes audios for the core techniques.

You can listen to this via your favourite podcast app and we'll email you instructions on how to find it once the course starts.



WHAT DO THE ASSIGNMENTS INVOLVE?

These are designed to support you in implementing what you're learning in phase two and they each take under an hour, plus 3 case studies.

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?

Absolutely - if there's space! Please let them know where to book their place here: www.ClareJosa.com/firstaider/

Please remember that your ticket gives you one space, which is not to be shared with others.



DOES THIS MAKE ME A COACH?

This course is about first-aid and laying inner-critic-taming foundations, rather than forever-clearing Imposter Syndrome.

My certified Imposter Syndrome Master Coach training can be a great follow-on from this course, if you want to work more deeply.



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.

I do, however, run one. Please get in touch if you'd like to apply and discuss training licensing options, once you've finished this.



HOW DOES CERTIFICATION WORK?

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

Upon successful completion, you'll be certified as an Imposter Syndrome First-Aider for one year.



WHAT TO DO NOW?

Block out time in your diary for the calls, and time each week to go through that week's module (an hour for studying plus practice time).

There's no pre-work for this course, but we will be asking you to complete a questionnaire when you start, so you can measure your progress.

Got questions? Send them over to us: hello@soultuitiveleadership.com

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