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| ABOUTSUE LANGLEYSue Langley is the CEO and Founder of the Langley Group, a global consulting firm specializing in the transformation of organizations and their people through the science of human flourishing.Sue’s experience shows that the theoretical understanding and practical application of neuroscience, emotional intelligence and positive psychology research will inspire leaders and teams to build positive cultures and optimal performance. Sue’s infectious energy and her dynamic approach makes her sought after by top global organizations to help build positive workplace cultures, emotionally intelligent leaders, and high performing teams. Sue is a Master Trainer for the Mayer-Salovey-Caruso EI Test (MSCEIT), the Strengths Profile and the Work on Wellbeing tool, and holds (among many qualifications) a Master’s Degree in the Neuroscience of Leadership from Middlesex University. |





LEADERCAMP

## OVERCOMING IMPOSTER THOUGHTS WITH STRENGTHS

WITH

SUE LANGLEY

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Have you ever felt like a fraud, doubting your accomplishments despite evidence of your success? You may not be alone. Since the term *imposter phenomenon* was first coined in 1978, many high-achieving individuals have indicated they have felt *imposter syndrome*, which can make them feel unworthy of their achievements. Yet we can transform these thoughts into a source of strength and resilience.

Research shows that courage is like a muscle, and with practice, it can be strengthened to help us stretch, grow, and embrace new goals and challenges.

Everyone has strengths and the potential to develop them to become more confident, happier, and more engaged and fulfilled in work and life. Strengths are at the heart of positive psychology — building on what we do well and can do even better enables us to flourish and succeed. Research shows that when we use our strengths, we instantly feel more confident, enjoy what we are doing, do it better, and feel we are working towards our potential. We learn, grow, persist and overcome challenges.

Join us in this Leadercamp for an enlightening session, where Global Speaker and expert in Emotional Intelligence, Neuroscience and Positive Leadership Sue Langley will explore how recognizing and leveraging your unique strengths can empower you to overcome self-doubt and embrace your true potential.

PARTICIPANTS WILL LEARN ABOUT:

* the imposter phenomenon and why imposter thoughts can be beneficial.
* recognizing fear as emotional data and how to persist despite challenges.
* the importance of playing to your strengths.
* transforming self-doubt into positive actions that drive growth.
* how to recognize and develop strengths in others
* practicing going out of your comfort zone by leveraging your strengths and building confidence.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the presenter, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you've learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***OVERCOMING IMPOSTER THOUGHTS WITH STRENGTHS***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, clink on the Zoom link for the Leadercamp so that it's ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

Have you ever experienced imposter syndrome? If so, how did it affect you?

How can recognizing fear as emotional data help you persist despite challenges?

What are some of your personal strengths? How do you leverage them in your daily life?

How can transforming self-doubt into positive actions help you grow and overcome challenges?

****How can you recognize and develop strengths in others? Why is it important?

How can you practice going out of your comfort zone by leveraging your strengths and building confidence?