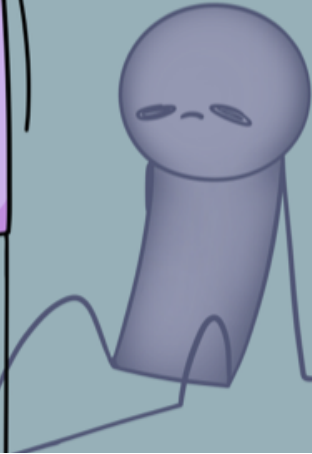




*Adele  
Hawkes*



# The Secrets to Tackling Imposter Syndrome

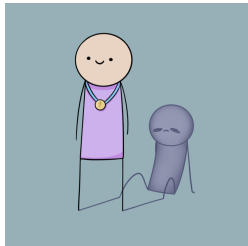


How to embrace your  
potential and take ownership  
of your success!

[www.adelehawkes.com](http://www.adelehawkes.com)

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All original art by Zack Hawkes

## INTRODUCTION

# Hello, I'm your coach Adele Hawkes

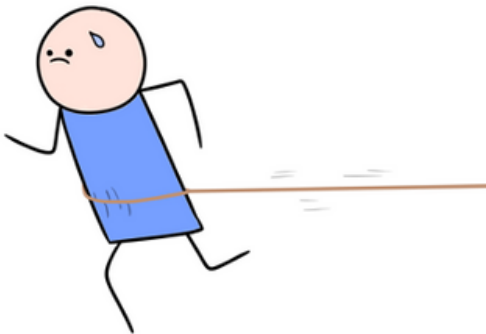
As a Positive Psychology Coach, I'm a passionate advocate for empowering people like you to capitalise on their strengths, build emotional intelligence and create a happy and successful life. Workplace wellbeing is one of my areas of expertise, and I'm also passionate about addressing young people's self-confidence and resilience.

During my MSc in Positive Psychology and Coaching Psychology, I researched how to reduce the feelings of imposter syndrome – something I've seen hold countless capable and otherwise confident people back, both in my corporate career and in my coaching practice.



It remains my most popular talk and workshop, so I'm delighted to be able to bring you some tried and tested techniques that can help you truly take ownership of your success. Without imposter syndrome holding you back, let's discover just how far you can go!

*- Adele Hawkes*



## CHAPTER ONE

# What is imposter syndrome anyway?

Imposter syndrome, imposter phenomenon, imposter feelings – you might have heard all these terms and more. For our purposes, they all point to the same thing.

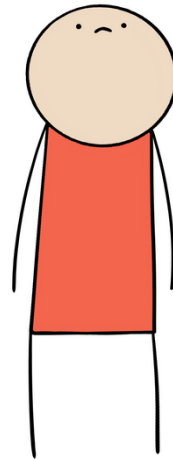
It's that feeling of being a fake, a fraud, a phony. It's the constant, nagging anxiety that you don't belong, that you don't deserve your accomplishments, that you don't know what you're doing, even when objectively you're achieving well.

It usually, but not always, turns up in work situations. Classic signs might include:

- Feeling that you're in over your head and that you're going to get found out
- Believing you were hired or promoted by mistake, and that you'll be let go as soon as they realise
- Discounting your qualifications as though they aren't worth anything
- Diminishing your achievements by putting them all down to luck
- Believing that someone (anyone!) else could do a much better job.

So, imposter syndrome isn't the same as occasional self-doubt – although self-doubt can definitely play a part. And it's not the same as a temporary lack of confidence – although again, self-confidence can come into it.

'I'M A FAKE'



**Instead, imposter syndrome is the internal experience of persistently believing that you are not as competent as others perceive you to be.**

# Imposter syndrome myth busters

## Myth 1: Feeling like an imposter means your abilities are lacking

Let's get one thing clear from the get-go: imposter syndrome has NOTHING to do with your competency or capability.

Nothing at all.

It might feel like there's a correlation at the time, but there is no connection whatsoever between this feeling and your actual abilities.

It's so important to remember this as it's genuinely the key to tackling these feelings if they're limiting you in any way.

In fact, if you only take one thing away from this ebook, this is the thing that will serve you best to remember: **imposter syndrome is just a story you're telling yourself**. Nothing more, nothing less.

## Myth 2: You're the only one who feels like an imposter

Let me reassure you straightaway – you most definitely aren't.

It's a particular quirk of imposter syndrome that people who are experiencing it often believe they're the only one feeling this way. It makes sense if you think about it. Obviously, in order to be the imposter in a room, everyone else has to be an authentic expert.

As a result, people rarely share or voice their beliefs aloud, which just reinforces the feeling that they're the only one.

However, research shows around 70% of people experience imposter syndrome at some time or another\*. So, if you're familiar with the creeping feelings of shame and anxiety, and the fear that people will soon work out you're not as skilled and knowledgeable as others think, you're far from alone.

It's also the reason why it's so important that we get comfortable talking about it, which we'll come to later.

## Myth 3: Only women experience imposter syndrome

The misconception that it's just women who suffer from imposter syndrome is one I hear time and time again.

It's true that the phenomenon was originally observed in the 1970s in high-performing, professional, Caucasian, American women.

However, contemporary research suggests this is an 'equal opportunity' feeling, which can show up for any gender, culture, nationality, ethnicity and at any level of expertise.

If you continually feel underqualified compared to others and/or undeserving of your success, despite evidence pointing to the contrary, imposter syndrome could be rearing its ugly head.

## CHAPTER TWO

# What's the impact of imposter syndrome?

I've coached people who have turned imposter syndrome into their superpower. They've grown to like the feelings of doubting themselves, and used them to stay humble, try harder, aim higher and achieve more in their careers.

If that's your experience, then all power to you!

We live in a world where it's very easy to consider a feeling as positive or negative, when in reality nothing is that clear cut. So if imposter syndrome is working for you, then there's no need to change anything.

**On the other hand, some people find that these feelings really hold them back.**

Imposter syndrome can curb your potential, making you less likely to put your hand up for a challenging project or exciting promotion. It can also act as a self-limiting belief by settling for what seems certain, rather than pushing yourself outside your comfort zone. And it can stifle creativity by dampening down the desire to try something new.

Working with or for someone with imposter syndrome can also cause significant issues. It can cause that person to be indecisive at

times when clear decision-making is key, to become defensive rather than proactive when things don't go to plan, and to feel threatened when they perceive others are doing well. These things can negatively impact the productivity, innovation and psychological safety of a team.

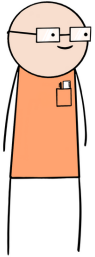


At its most intense, sustained imposter feelings can lead to feelings of deception, guilt and humiliation, as well as high levels of generalised anxiety, depression and chronic worrying. You might start to experience decreased job satisfaction and performance too. Left unchecked, these feelings can become emotionally exhausting and eventually play a part in burn-out.

From a positive psychology perspective, which looks at how people optimally function, those with imposter syndrome often find themselves unable to fully enjoy their successes, which drains the joy and sense of accomplishment from their achievements. And these are things we definitely want to change!

# Five different types of imposter

Imposter syndrome can show up in different ways, for different people, at different times. According to [Dr Valerie Young](#), part of the reason for this is that people judge their competences – and therefore their perceived failures – differently. Here are five common types of imposter syndrome personalities that you might recognise:



## The Expert

The 'Expert' measures their capabilities by how much they know – and no matter how much that is, they often feel it isn't nearly enough.

There's a constant fear that they'll be exposed as inexperienced or naive, so even a minor gap in expertise feels unacceptable. That means lots of research, lots of preparation and lots of extra training when faced with new things.

While it's true there's always more to learn (and a growth mindset is a valuable asset), being driven to endlessly seek out more and more information is a sure-fire route to one thing – procrastination. And that can hold you back. So, if you know that you lean towards hoarding information rather than learning on-the-go, consider if the desire to be seen as an 'Expert' is keeping you stuck.



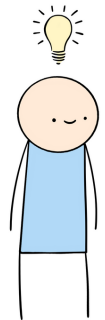
## The Natural Genius

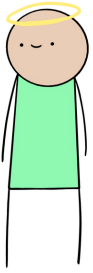
The 'Natural Genius' makes judgement calls on their own competencies by how easily and quickly they can achieve something. If it takes time, significant effort, or more than one shot, they feel shamed, defeated and that it's 'not for them'.

Unfortunately, this is a self-sabotaging prophecy, as it discourages resilience in building new skills and stunts a love of learning for its own sake.

Sound familiar? Ask yourself these questions: Do you only feel like you've excelled when you haven't had to try too hard? Do you find it uncomfortable not to be immediately proficient at something? Do you catch yourself thinking you're 'just not good' at certain things?

If so, hello 'Natural Genius'!





## The Perfectionist

Perfectionism and imposter syndrome often go hand-in-hand. Both include high goals, lofty expectations and a deep sense of disappointment and dissatisfaction when things aren't flawlessly executed first-time.

A relentless pursuit of perfection creates a breeding ground for self-doubt and self-criticism. If you miss the (excessively high) mark for something, it's easy to spiral into rumination, consider yourself a failure and question your core competencies.

So, if you find it hard to accept mistakes, difficult to know when 'done is better than perfect', or berate yourself inwardly for not reaching 100% of your targets, you might find this type of imposter personality applies to you.

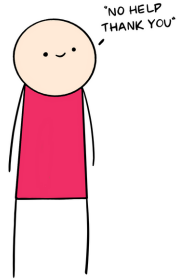


## The Soloist

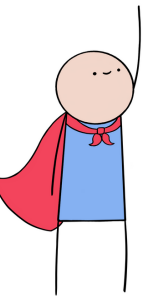
Being independent is great, but if you regard it as a personal failing to ever ask for help, you probably fall into the 'Soloist' category.

You know that the pressure to prove your worth by doing everything alone is exhausting. But the advantage is that as long as you keep quiet, no-one will ever know that you're struggling or feeling like a fraud.

After all, do you deserve to grow, achieve and progress if you can't get there by your competencies alone? (Yes! The answer is yes! Everyone needs a little assistance and support sometimes. It's called being human.)



## The Superhuman



Just how many balls can you keep in the air and successfully juggle? Falling short in any area – at work, at home, in relationships – is not an option. You should be able to handle all this, and more, efficiently and easily, right?

If you find yourself taking on more and more responsibilities, no matter how busy you already are, ask yourself why you're doing it.

'Superhumans' tend to push themselves harder than anyone else, to prove they're not an imposter. So, if you hold yourself to higher account than others, and crave external validation to feel like you've done well ('I just don't know how Alex does it all!'), it could be time to re-evaluate.



# Time for a quick check-in

## To what extent do you identify with experiencing imposter syndrome?

At this point, it's really helpful to rate yourself on a scale of 0 - 10 in terms of how strongly and frequently you experience imposter syndrome. Self-awareness plays a big part in overcoming these feelings and, as we'll shortly be coming to some strategies, it's useful to have a benchmark to measure what works best.

So, grab a piece of paper and a pen, and give yourself a number that reflects where you currently are.

0 = I've never experienced imposter feelings and they've never held me back  
10 = I regularly experience imposter feelings and they often hold me back

## How is imposter syndrome showing up for you?

Next, take some time to think about the different types of imposter. Do you recognise yourself in any of them? Does one really resonate or are you a mix of several?

Then, think about how imposter syndrome is affecting you. For example, are these feelings preventing you from reaching your potential? Are they stifling your creativity? Are they making sure you 'play small'?

Also consider if there are any particular triggers you can pinpoint. Have you recently started a new job, been promoted or signed a new contract? Are you getting recognition that you don't feel you've earned? Are you starting a new business or venture, but don't think you've got the experience or expertise that others in your field do?

Spend a few minutes writing out anything that comes to mind as a stream of consciousness. No-one else is going to read this, it's just for you, so don't worry about spelling, paragraphs or ensuring it's legible. Just get everything out of your brain and onto paper.

As well as bringing you clarity, and therefore more self-awareness, writing things down can be highly therapeutic. It helps you work through your thoughts and emotions, regulates your feelings, and even has physical benefits.

Don't judge yourself for anything you've written, just notice what you think about and if anything surprises you. And then either file that piece of paper away for safe-keeping or tear it into little pieces and put it in the bin!

CHAPTER THREE

# How can we break the cycle?

The thing about imposter syndrome is that the persistent self-criticism and self-doubt becomes a self-perpetuating cycle.

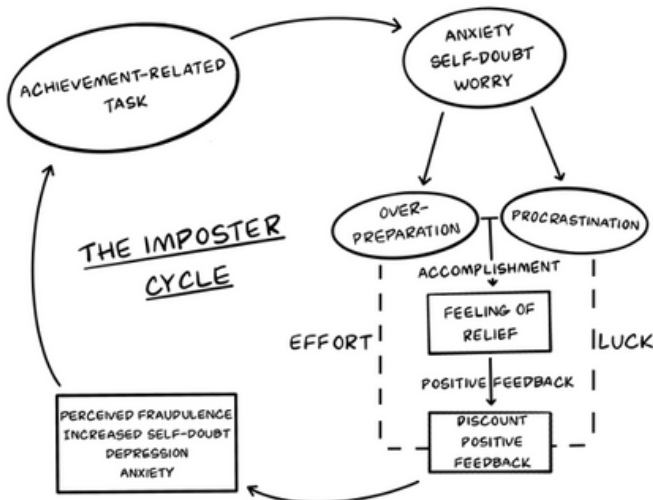
Imagine the situation. You're asked to do something by your boss or client, an 'achievement-related task' like a new project, or presentation. You're already feeling a little bit out of your depth and you're worried you're not up to the task.

**What if this time they find out you've been faking it all along?**

Often this anxiety and worry causes people to do one of two things – significantly over-prepare or procrastinate.

If you think about it, they're both great strategies to protect your psychological safety.

By working longer hours than anyone else, you run less of a risk of being 'exposed' as not knowing what you're doing (fear of failure). Or by putting things off until the last minute, you're safe in the knowledge that



you didn't give it your best anyway (fear of success).

These strategies are also a great way of cleverly discounting anything you achieve. If things go well (and remember, they often do – feeling like an imposter has nothing to do with your capability), you can put it down either to the huge amount of effort you've put in ('If I was really good at this, I wouldn't have needed to work so hard.') or simple good luck ('Phew! Got away with it again this time.').

Either way, you'll probably experience a temporary feeling of relief when it's all finished. But you're likely to find it's short-lived.

### **Lose-Lose situation**

The reason that this relief is fleeting is because, rather than enjoying your accomplishments and using what you've learnt to feel more competent (and therefore more confident to try new things and propel yourself further in the future), you've made it very easy to disregard the part you've played in a positive outcome.

By putting any success down to effort, luck, favourable circumstances or even fate, you've taken yourself out of the equation.

Suddenly, it's nothing to do with your ability, or your background in the field, or your professional experience, or your qualifications, or your knowledge, or your creativity, or your talent, or your problem-solving skills. You just managed to wing it.

And of course, things don't always go to plan. So what happens when those with imposter syndrome don't achieve the results they were hoping for and perceive they've failed?

Well, conversely, that *is* down to you and your incompetence. You knew you weren't up to the challenge, and now you've been proved right.

So all roads lead to the same destination. Whether you've smashed your target or had a learning experience, the outcome just reinforces feelings of being unworthy, undeserving and inauthentic.

You're left feeling just as anxious as you were before, ready for the whole cycle to begin again.

### **The good news is you can break the cycle!**

And being aware of what's going on for you mentally and emotionally is a great first step.



My Inner Critic

# Where does imposter syndrome come from?

When we're thinking about breaking the cycle of imposter syndrome, it can help to have an understanding of where the story you're telling yourself comes from in the first place. Remember, despite its name, imposter syndrome isn't medically recognised as a disorder – it's just a cognitive distortion. Research has shown it can stem from a combination of factors, including:

**Childhood: Growing up, did you find it difficult to meet your parents or other family members expectations?** Meet Sofia, an enthusiastic 11 year old artist who just finished a beautiful painting. She rushes to show it to her family, excited to share her masterpiece. But instead of getting the praise she hoped for, her parents say, "That's nice, but remember your cousin, who won an art competition? Now that was impressive!" Ouch! Sofia's parents always seem to compare her to others so she starts doubting her own artistic abilities, even when she's pleased with the results.

**Society: Are you or have you been part of a social circle where worth is connected to accomplishments?** Meet Luca, a dedicated 20-something rugby player who had an amazing season last year. He was the star player, and everyone admired him. But this season, things haven't been going as well. His performance has dipped, and guess what? Suddenly, he's not getting any special recognition from team mates or cheers from the crowd. It's like he's become invisible, and he wonders if he was any good in the first place.

**Belonging: Have you felt or do you feel different from the rest of the group and/or excluded as a result of those differences?** Meet Maya, a superstar marketing professional who, at the age of 39, has just landed a place as the youngest person on the board at her company. But she comes from a different cultural and educational background than the others, and feels like she doesn't quite fit in. Everyone else seems so confident, relaxed and experienced that Maya begins to wonder what on earth she's doing there.

**Personality: Do you naturally tend to ruminate and internalise feelings of worry and doubt?** Meet Jack, a talented writer in his 50s with a vivid imagination. He's also an introvert who keeps his thoughts and emotions to himself. When he faces rejection or criticism, he internalises it, and his mind starts swirling with self-doubt. That negative self-talk becomes a broken record, constantly belittling his achievements and making him feel like a fraud, even though his writing is outstanding and his books sell well.

## CHAPTER FOUR

# 5 evidence based strategies that help

Dealing with imposter syndrome can be a complex process that involves addressing underlying beliefs and thought patterns, building self-awareness and self-confidence, and seeking support from others – peers, mentors and professionals.

We need to get really intentional about disrupting that pesky self-perpetuating cycle, and establishing new ways of thinking and acting that work for us, rather than against us.

And, if we want to create space for something new, we also need to learn to let go of old habits that keep us feeling stuck.

So, before we get to some tactics that can help you do things differently, let's talk very briefly about the elephant in the room – fear.

### **Feel the fear and do it anyway**

Fear is a prevalent emotion in imposter syndrome – fear of failure, fear of success, fear of looking weak, of looking stupid, of being undeserving, of not belonging, not adding value, not being good enough. The list goes on.....

It's incredibly hard to just decide to stop feeling frightened so I'm going to suggest you feel the fear and do it anyway, just like the title of [that excellent book](#).

We often try and run away from emotions that we deem 'negative', but it's perfectly ok to experience them. These new strategies might feel uncomfortable, odd or unnatural at first, even though they are designed to be practical and straightforward to apply.



Just allow any fear to be there, acknowledge it as part of your psyche, and let's courageously take some steps that will help you experience less imposter syndrome and find a more empowered, more authentic, core sense of self.

# 5 ways to tackle imposter syndrome

## Tap into your strengths



Character strengths are the positive parts of your personality that make you who you are. They can be things like curiosity, creativity, kindness, or perseverance, and they're fundamental to your subjective well-being and confidence.

By recognising, valuing and, crucially, *using* your character strengths on a daily basis, you can counteract feelings of self-doubt and develop a more realistic and positive sense of self. This helps build authenticity, resilience, a sense of purpose, and a growth mindset, all of which are key to overcoming imposter syndrome.

**To do:** *Make a list of your five top strengths. For many people, this is much harder than it sounds as we're not used to thinking about ourselves in this way. If you get stuck, try the character strengths survey at [www.via-character.org](http://www.via-character.org).*

## Spot unhelpful thinking



When imposter syndrome strikes, you can be sure that your brain is throwing out all manner of unhelpful thinking patterns.

It could be 'all or nothing' thinking (eg 'If I'm not perfect, I've failed'), or applying a mental filter (eg focusing on a single mistake while discounting multiple successes) or catastrophising (eg 'If I speak in this meeting, I'm going to sound stupid, they'll all realise they've made a mistake in hiring me and I'll get fired.')

Cognitive restructuring involves identifying and challenging negative or irrational thoughts and replacing them with more positive and realistic ones, so it's time to get good at spotting and challenging these thoughts. Ask yourself: are you looking at objective evidence or are you now veering into mind-reader territory and making assumptions?

**To do:** *To improve the way you spot unhelpful thinking patterns in yourself, investigate mindful meditation. This involves focusing on the present moment and observing one's thoughts without judgement, which can help to reduce the impact of negative thoughts. [Headspace](#) and [Calm](#) both offer guided mindful meditations.*

## Engage with your inner critic



We've all got an inner voice that can get very critical at times, especially when we feel at risk of being socially humiliated. Ever had yours pipe up when you're doing a presentation, in a meeting, at a networking event or during an interview? Me too!

This inner voice is a 'safekeeping' part of us, literally trying to keep us safe from embarrassment and shame. But it can get so loud that we become driven by an underlying fear that even the most inconsequential of actions will be somehow unacceptable and therefore we'll be rejected. And of course, what we really want is to feel like we belong - the polar opposite of being an imposter.

So if your inner voice is keeping you playing small rather than intrepidly growing and fulfilling all you're capable of, start questioning what it's telling you.

**To do:** *The language that we use when we talk to ourselves is more impactful than you might think, so notice the words you use when you're being self-critical. Are there certain phrases that come up time and time again? Write them down and replace them with kinder, more supportive ways to speak to yourself.*

## Talk about it



As I said earlier, talking about imposter syndrome is a powerful way of normalising the feelings, both for you and for those around you. And when you normalise them, they become a lot easier to deal with and a lot less likely to sabotage your potential.

Remember, it's not a weakness to admit vulnerabilities or ask for help, much the opposite. It's part of what makes us authentically human.

So, to conquer Imposter Syndrome, share how you're feeling. Seek the support of a mentor, coach, trusted colleague or community group if you like. Finding your tribe fosters a sense of belonging and psychological safety, which in turn can enable you to feel braver about taking calculated risks and step outside your comfort zone. And as you feel more comfortable voicing these feelings, you'll pave the way for others to 'fess up too, which is an incredible gift to someone if they're feeling like they're the only one faking it.

**To do:** *Reflect on your career successes and failures to date, and consider how you can use them as learning opportunities to develop your skills and knowledge. Find an opportunity to talk these through with someone you trust, and ask them to share their experiences too.*

## Practice self-compassion

YOU  
GOT  
THIS!

Self-compassion involves being kind to yourself even when things go wrong, and seeing your perceived inadequacies as part of being human.

Think about it as a resilience factor against imposter syndrome. It reduces fear of failure and self-doubt, and helps you accept and enjoy your competencies. Remember, we're looking for ways to find the fun and joy in everything you do, rather than just get to Ground Zero!

There are three parts to self-compassion. Firstly, self-kindness; being non-judgemental and finding the learning. Secondly, common humanity; we're all just people who are trying their best. Thirdly, mindfulness; being aware of what's going on for you internally in a balanced manner.

A good tip is to make sure you're treating yourself with the same kindness and understanding that you would offer to a close friend. If you aren't, it's time to make some changes.

**To do:** *There are lots of exercises you can try to boost self-compassion, but I'm going to suggest a complementary route of focusing on your physical needs. Get the right amount of sleep for you. Eat fresh, nutritious food. Go for a walk or practice some yoga. Our minds and bodies are interlinked, so nurturing your physical health paves the way to nourish your mental health too. Remember: you're worth it!*



My Inner Cheerleader



# Combining Strategies

All five of the strategies in this guide are useful in reducing imposter syndrome, but there's huge power in combining them all. My top tip is to find ways tailored to you that draw from each strategy.

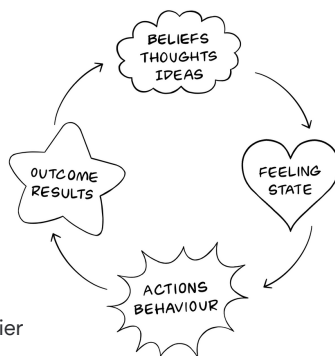
Let me give you an example based on my own experiences.

One of my **top character strengths** is humour – I feel happier when I see the funny side of situations.

So when I do something that I consider highly embarrassing (which is often) and notice that I'm falling into **unhelpful thinking patterns** (which is also often), I **engage with my inner critic** by making it into a funny story.

I've got a specific friend who shares the same sense of humour as me, and I know she'll be delighted to hear about whatever mortifying thing I've done. She returns the favour, saving up silly anecdotes about her week that she knows will amuse me. Together, we **talk about it**, often on a dog walk or on the way to yoga.

It's a tactic that helps me feel accepted, much more connected, and kinder to myself (**self-compassion**). It also takes a lot of fear out of situations. If I'm giving a keynote speech, for example, and suddenly find myself tripping backwards over a small side table in front of an audience of 100+ (yes, that happened), I don't get flustered and immediately think 'I shouldn't be doing this.' I just think, 'Lou's going to *LOVE* this story!' and carry on.



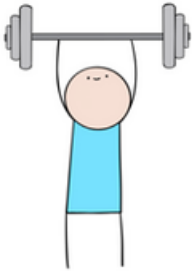
You are enough



Remember: imposter syndrome is just a story we're telling ourselves. And if we're the author of that story (which we are), it means we **CAN** change it!

## CHAPTER FIVE

# Thank you and next steps



I hope you've enjoyed this short guide to imposter syndrome and that you're now beginning to feel that you can lean into any lingering fears and more fully embrace your potential.

If you consistently use the five strategies I've suggested, I know you'll be able to more fully take ownership of your successes and use them as catalysts to joyfully achieve the things you want to. I'd love to hear how you get on!

**If you want a little more tailored support, however, our journey doesn't have to end here.**

During my MSc research, I developed a step-by-step model to tackle imposter syndrome, called '**Re-author Your Story**'.

It's a model born from the practical experiences of formally trained coaches with up to 3000 hours of experience each, as well as positive, behavioural and coaching psychology interventions.

Currently, there are several options if you'd like to work directly with me and benefit from this effective, evidence-based programme.

**If you're an individual**, you can **join the next six week online 'Re-author Your Story' coaching club**. This is a highly supportive, transformative programme. You'll be able to safely explore what's been holding you back, and find new ways of thinking and acting, through the framework of the 'Re-author Your Story' model.

**If you're a UK-based business**, you can book **an in-person 'Re-author Your Story' workshop**. Typically, this is a half day workshop with follow-up 121 coaching for participants. **Alternatively, or if you're a business based outside the UK**, you can book **an online talk**, which typically lasts an hour. You'll find both of these are informative, impactful and inspiring.

For more information, to book, or just to let me know what changes you're making to combat imposter syndrome, please email me directly at [adele@adelehawkes.com](mailto:adele@adelehawkes.com) or DM me on Insta at [adele\\_hawkes](https://www.instagram.com/adele_hawkes). In the meantime, thank you for reading!

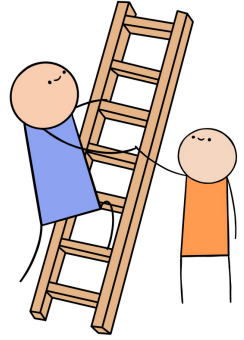
- *Adele Hawkes*

# 'Re-author Your Story' Preview

Wondering what the **'Re-author Your Story'** model looks like? Let me give you a few more details!

It's a structured programme that helps people unravel the self-limiting beliefs that hold them back and empowers them to reimagine a different path of confidence and growth.

Drawing on the latest positive psychology interventions, I'll guide you through 3 x 3 sections that will take you on a journey of self-discovery. We'll reframe both internal strengths and external events, and instill a new story of courage and self-belief that enables you to reach your potential.



## PAST

### REALISE

Develop self-awareness of strengths, emotions, values, and cognitions

### REALIGN

Understand the power of language and stop discounting past successes

### RECOUNT

Learn how to hear your own story and normalise your feelings

## PRESENT

### RELEASE

Discover how to let go of the fear of fear

### REMEMBER

Draw on significant moments of confidence to spark motivation

### RECONNECT

Link past experiences with future goals for great authenticity

## FUTURE

### READINESS

Feel empowered and ready to act

### RESPONSIBILITY

Plan accountability to embed lasting changes

### RETHINK

Instill ways of thinking and acting that develop positive habits

By the end, you'll be equipped with a toolbox of techniques, tips and tricks as well as the momentum to confidently move forward and write the next chapter of your career and/or life the way you want it. I can't wait to work with you!

# Useful Resources

Here's a handy list of the books, websites and other resources I've referenced in this ebook.

[www.via-character.org](http://www.via-character.org) - a great free and quick starting point for discovering your character strengths

[www.self-compassion.org](http://www.self-compassion.org) - lots of information and well researched self-compassion exercises by Dr Kristin Neff

[Headspace](#) - meditation and mindfulness content for everybody

[Calm](#) - guided meditation for better sleep, lower stress and less anxiety

[Feel the fear and do it anyway](#) by Susan Jeffers - the ground-breaking classic on how to face your fears

[The secret thoughts of successful women and men](#) by Dr Valerie Young - a thorough insight into the self-limiting beliefs that are part and parcel of imposter syndrome

[My friend Lou](#) - you'll have to find your own, but she's invaluable. Thank you, Lou, for everything you do. You're amazing!

