

## Kite-mentoring training

### Goodbye Imposter - Towards Authentic Confidence

**Date:** Thursday and Friday 07.-08..11.2024 (9:00 – 17:00)

**Location:** Faculty of Engineering, Univ. Freiburg, Georges-Köhler-Allee, building 080 - seminar room

**Invited trainer:** Dr. Lukas Bischof (Freiburg) - <https://www.lukasbischof.eu>

**Registration:** <https://nuudel.digitalcourage.de/dOn399loz16u1xsJ>

Impostor Syndrome is the feeling that, despite all accomplishments, you are not truly competent. Among PhDs and PostDocs, this is enormously common. The precariousness, lack of positive feedback and dependency during this time in the academic qualification process lead to most people developing it. Along with it come, feeling inferior, perfectionism, fear of exposure as a “fraud”, lots of self-doubt, discounting praise, overworking, and lots of (negative) comparisons with others. Imposter syndrome significantly impacts mental health, professional development, overall productivity and the overall quality of life!

In this two-day workshop, you will learn how to say “Goodbye!” to your inner imposter

While such a fundamental change is not possible overnight and partly depends on factors outside your control, during the workshop you will develop the understanding, the tools and the allies to help you to build a solid foundation of high inner status - a sense of calm confidence, stemming from the knowledge who you are, what you can do and what is important to you.

Topics:

- How Does Imposter Syndrome Develop in academic careers?
- The Six Sources of Authentic Inner Confidence:
  - The power of competence
  - The power of the body
  - The power of your environment
  - The power of your emotions

- The power of presence
- The power of your beliefs
- Setting your intention
- Making a commitment
- Developing your training plan
- Activating your support network
- Making the change sustainable

During the Workshop you will explore your authentic inner confidence through a blend of short inputs, personal reflection, and practical exercises. A workbook and self-assessment will help you to see where you stand and provide guidance to build your authentic confidence.

For those participants who want to support each other after the workshop, we will form peer coaching groups. All participants are invited to take part in a two follow-up coaching sessions with Dr. Jessica Günzle.