



## **INTRODUCTION TO WORKING WITH LOW SELF-WORTH AND IMPOSTER SYNDROME PROGRAMME**

9.30am	Welcome – technical tips from Jeremy
9.35am	Meet your Buddy Group (5 mins)
9.40am	<b><u>Session 1 (25 mins)</u></b> Wearing a mask Origins of low self-worth
10.05am	Buddy Group (15 mins)
10.20am	Break (5 mins)
10.25am	<b><u>Session 2 (25 mins)</u></b> Imposter Syndrome Who experiences it?
10.50am	Buddy Group (15 mins)
11.05am	Break (10 mins)
11.15am	Comments & Questions
11.25am	<b><u>Session 3 (25 mins)</u></b> Shame 5 Types of Imposters Tall Poppy Syndrome
11.50am	Break (5 mins)
11.55am	<b><u>Session 4 (25 mins)</u></b> Ways of working with Imposter Syndrome
12.20pm	Buddy Group (15 mins)
12.35pm	Comments & Questions
12.45pm	Buddy Group - say goodbye, exchange details if required (10 mins)
12.55pm	Updates, Information and Finish