



Help!

**I THINK I'M
A FRAUD!**

**HOW TO HANDLE IMPOSTER SYNDROME
BY COACH MARY MEDLEY**

WHAT IS

IMPOSTER SYNDROME?

IT'S NOT A DISEASE!



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It's not a disease. It's a reaction and overwhelming belief that you are not good enough.

It doesn't appear only in business or employment. You can have imposter syndrome hit you as a parent, friend, or leader.

It causes you to question your skills, abilities, preparedness, beliefs, and intentions. You feel that you are a fraud and people are going to find out.

**Imposter syndrome is born
out of constant mental
conditioning – especially from
childhood ----**



**----- that stresses the
importance of work or success
in exchange for approval
and/or reward.**

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How does it present itself?

1) The nagging voice

It's that deep, loud inner voice that asks you – are you sure? Can you really? Are you skilled enough? Are you ready?





2) Perfectionism

You doubt yourself and every move. So you want to be 100% sure of all your actions.

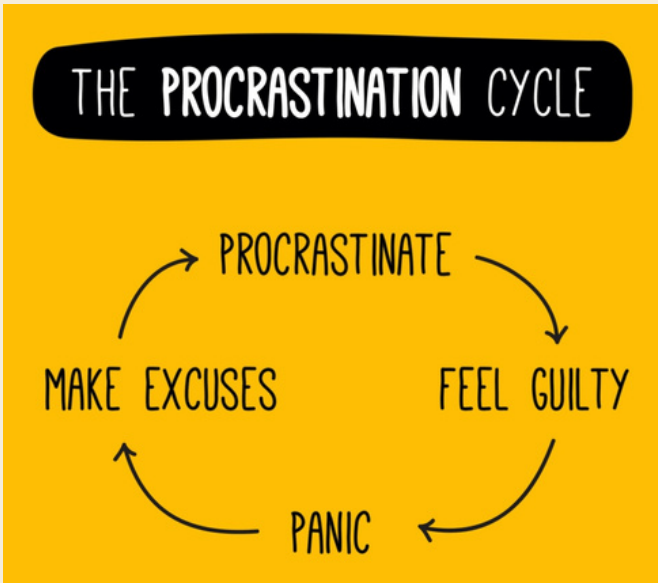
The problem is, you can't be 100% prepared.

But Imposter Syndrome causes you to believe you have to.

Preparation never ends and so you never begin or participate in anything.

3) Procrastination

Do you find every excuse to postpone everything?



Postpone the start of a business, a presentation, networking, and social events - because you don't want to risk losing, failing, or showing your abilities.

Despite how lonely it feels, you are not alone.

Here are some famous people, from different backgrounds and industries - who have suffered from imposter syndrome and how they describe it!



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1) Sheryl Sandberg

“And every time I didn't embarrass myself—or even excelled—I believed that I had fooled everyone yet again. One day soon, the jig would be up.”



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2) Lady Gaga

“I still sometimes feel like a loser kid in high school”

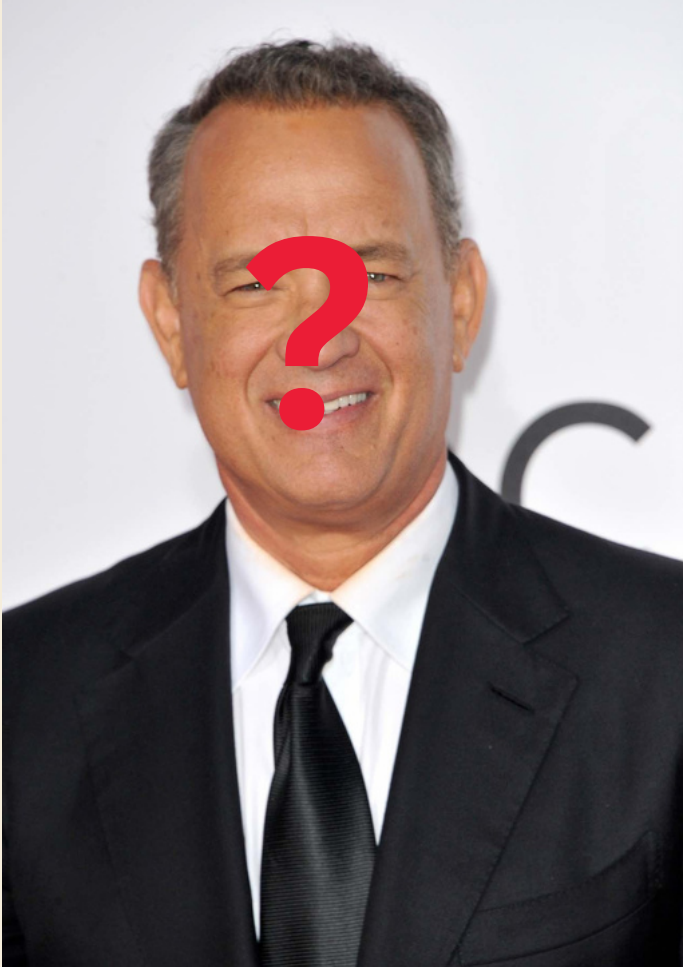


3) Barbara Corcoran



“Who doesn’t suffer from imposter syndrome? Even when I sold my business for \$66 Million, I felt like an absolute fraud!”

4) Tom Hanks



'How did I get here? When are they going to discover that I am, in fact, a fraud and take everything away from me?' "

5) Penélope Cruz

“I feel every time I’m making a movie, I feel like [it’s] my first movie. Every time I have the same fear that I’m gonna be fired.

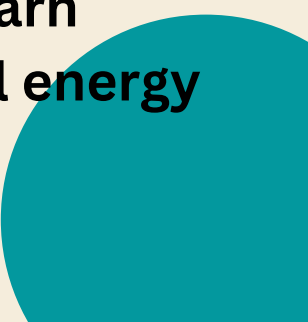



And I’m not joking. Every movie, the first week, I always feel that they could fire me!”



How do you solve it?

Using our Mind, Body, and Spirit program, we navigate your beliefs and intentions, leading you to:-

- 1) Unlearning mistaken beliefs about success and work.**
 - 2) A skills audit – where are you in your career, skill set, and experience? Do you need upskilling?**
 - 3) Meditation to learn emotional and personal energy control.**
- 



4) Mentorship – to get you a guide through the tough changes that come with bigger roles, decision-making, industry advice, and setting achievable goals.

5) Taking Leadership – How to identify your leadership strengths or weaknesses and how to turn them into advantages.

Our navigation program is designed to not only fight Imposter Syndrome but to also help you set a path to your best life.

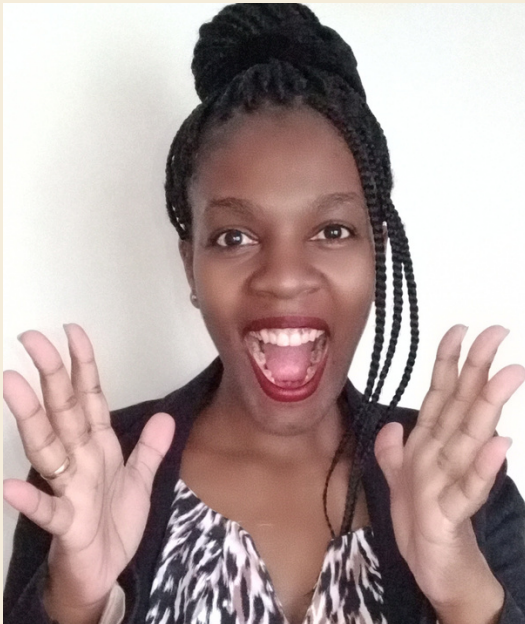
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So now what?

**Remember the celebrities
mentioned earlier?**

They have a **secret they
discovered about Imposter
Syndrome.**



Can you guess what it is?

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1) Sheryl Sandberg

Net Worth: \$1.5B

**Achievement: COO Facebook,
Business Executive, billionaire,
and philanthropist.**

**With every success, believes
she has fooled everyone once
again and is still waiting to be
found out!**



2) Lady Gaga

Net Worth: \$150M

**Achievement: Academy
award-winning singer,
songwriter, actress and
businesswoman.**

**Has to remind herself every
morning that she is capable!**

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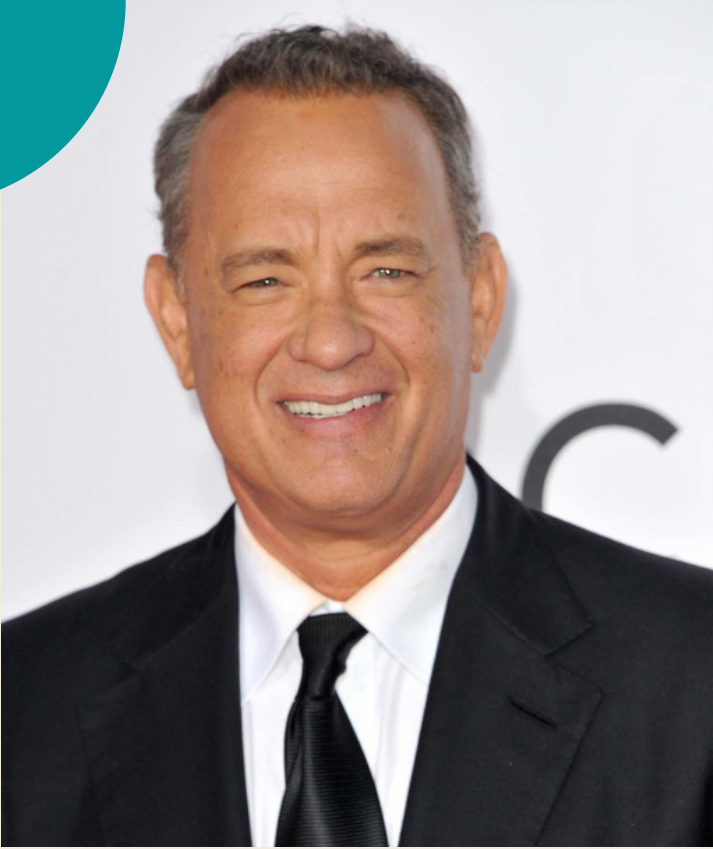


3) Barbara Corcoran

Net Worth: \$100M

**Achievement: Investor,
Consultant, Author, and
Television personality**

**Still feels like an absolute
Fraud!**



4) Tom Hanks

Net Worth: \$400M

**Achievement: Over 100 movies
and business deals.**

He still thinks he is a fraud!



5) Penélope Cruz

Net Worth: \$75M-\$85M

Movies Done: Over 50 movies and Television features, modeling contracts, and business deals.

She still thinks she will get fired from every job!



Did you spot the secret?


Actually, there are two secrets!

1) Everyone gets the feeling of doubt. EVERYONE. It is a personal awareness that you may not know everything.

2) Imposter Syndrome doesn't go away because it is not a disease. You have to learn to turn Imposter Syndrome to your advantage. It will become your strength.

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**So, are you ready to start
living your **best life?****

Talk to me now!




**GET FREE
ACCESS NOW!!**

WONDERING ABOUT COACHING?

CHECK NEXT PAGE!

<https://mindspirithhealth.weebly.com/coachme.html>





In our coaching program here's some of what you will get:-

- ✓ *Beating Burnout*
- ✓ *Thriving in Imposter Syndrome*
- ✓ *Befriending Time*
- ✓ *Reigniting Passion in Business*
- ✓ *Becoming an effective leader*

GET FREE
ACCESS NOW!!