

Webinar on

Claim Your True Power: How to Overcome Impostor Syndrome

• Areas Covered

In this fun, action-packed program, you'll free yourself from impostor syndrome for good. You will:

- Learn to separate facts from feelings to discover what's really true – and what you can do about it*
- Change your beliefs from negative to empowering (all it takes is one decision!)*
- Create the character you want to be (using Sonia's tried-and-true acting techniques)*
- Practice letting go of comparison and focusing on what really matters – YOU*
- Celebrate! By rewarding ourselves, we train our brains to want to succeed*

You will learn in this session is how to overcome impostor syndrome is a high-content presentation that guides participants through a simple process to help them step into their most authentic, successful, and confident selves.

PRESENTED BY:

Sonia Satra is a business and health coach who specializes in helping professional men and women achieve peak performance. As founder and CEO of the award-winning wellness company Moticise. A certified NLP (Neurolinguistic Programming) Practitioner, Sonia is also a holistic health coach and certified fitness instructor.

On-Demand Webinar

Duration : 60 Minutes

Price: \$200

Webinar Description

Sonia Satra's Claim Your True Power: How to Overcome Impostor Syndrome is a high-content presentation that guides participants through a simple process to help them step into their most authentic, successful, and confident selves. With her signature blend of wit, warmth, and science, Sonia tells her story about overcoming impostor syndrome to land starring roles on Guiding Light and One Life to Live, and shares evidence-based methods for tapping into your inner brilliance and strength.

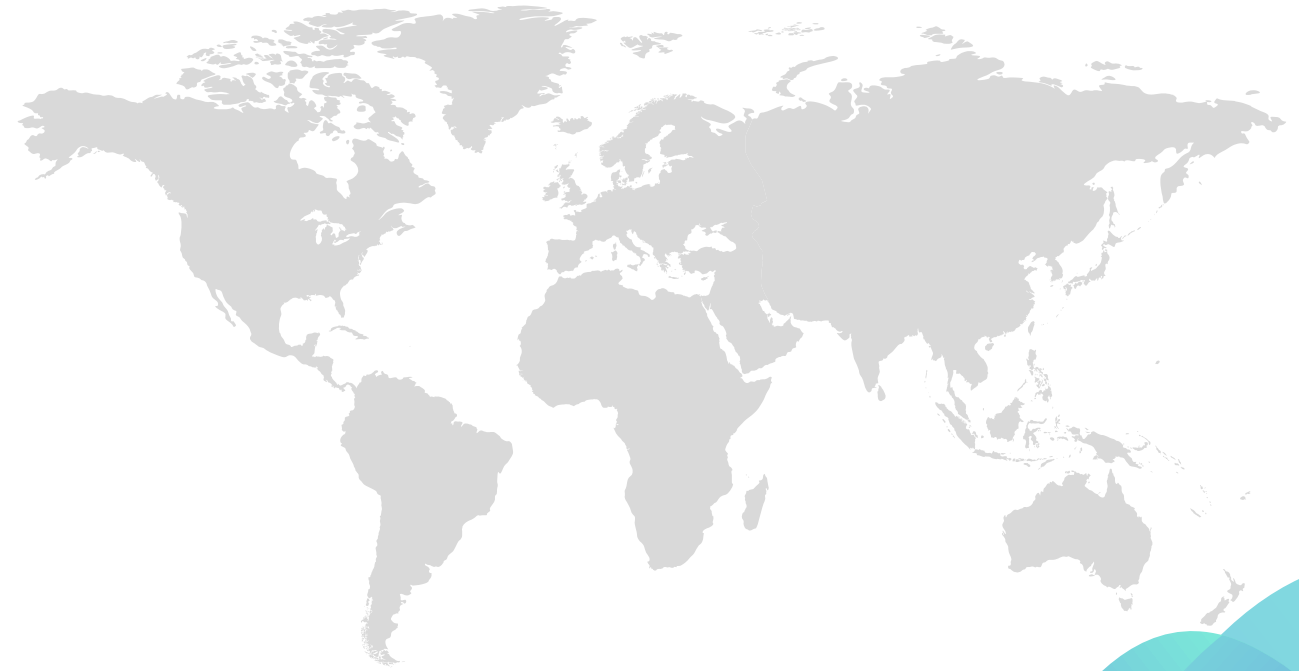
With Sonia's unique mind-body program Claim Your True Power, you'll walk away feeling energized, motivated, and most of all, authentically yourself – so you can feel, live, and perform at your very best.

Sonia is an NLP practitioner and fitness instructor with a full mind-body approach to managing anxiety and reaching peak performance.



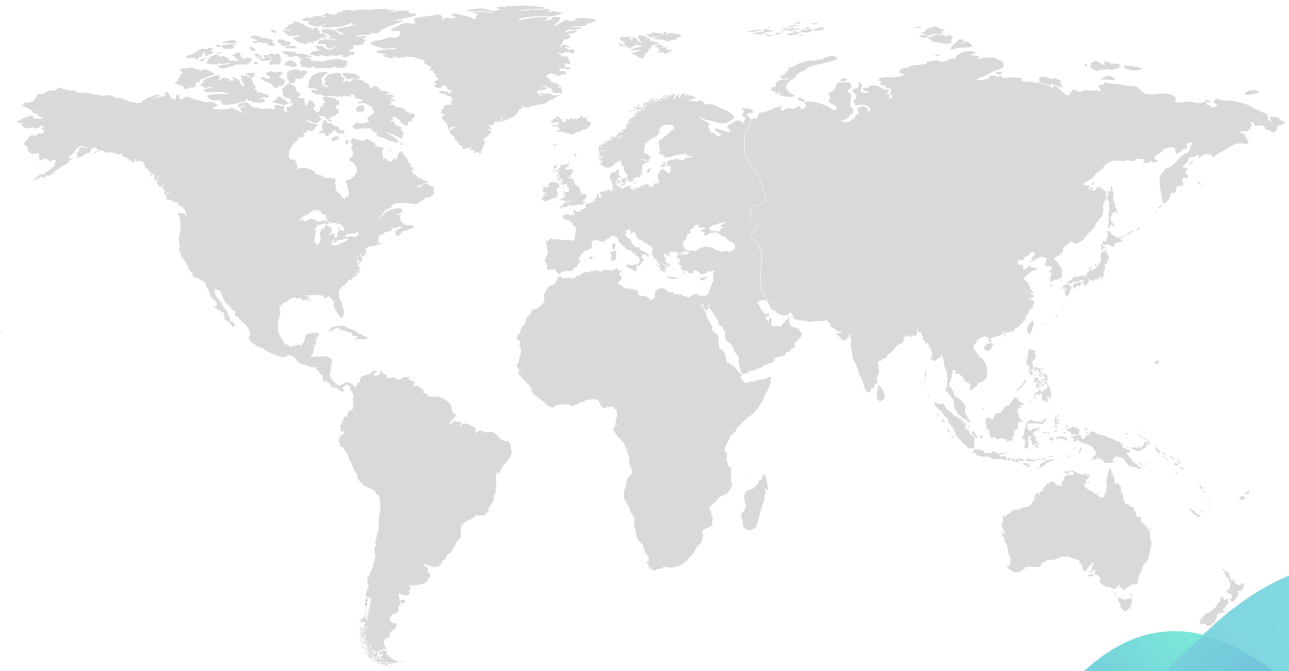
Who Should Attend

- *Leadership*
- *Management*
- *Employees*



Why Should You Attend ?

Impostor syndrome – the belief that you're a fraud – is one of the biggest productivity killers in our culture. Research shows that about 70% of people today experience this syndrome, struggling with feelings of "not good enough" and lack of confidence in their own abilities. Every day, it plagues millions of people with doubts and fears, keeping them from achieving their full potential. Especially in today's world of constant social media, where we're bombarded with images of other people's success, impostor syndrome robs people of their creativity and well-being, causing severe stress, poor performance, and burnout. The loss of time, money, creativity, and innovation is incalculable.



To register please visit:

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