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ACCREDITATIONS

International Speaker
 CPD accredited
 Clinical Hypnotherapist
 2016 National Consultant of the Year
 Master NLP Practitioner

BOOK



[Anxiety Alchemy](#) provides a 5 step process to transform anxiety into confidence.

SOCIALS

🌐 [Caroline-Cavanagh](#)
 ▶ [Caroline-Cavanagh](#)
 📺 [AddingZestLtd](#)



[SHOWREEL](#)



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



[TESTIMONIALS](#)

IMPOSTER SYNDROME: THE WHATS, WHYS AND HOWS BEHIND THIS CONCEPT.

KEYNOTE SUMMARY

Most people feel unworthy at times but this doesn't mean everyone has a syndrome!

This practical talk challenges common misconceptions about Imposter Syndrome and explores how feelings of low self esteem can be redirected into a **source of positive energy** for growth. The session can **drive cultural change** within an organisation, transforming the cost of staff insecurity and vulnerability into a **source of competitive advantage**.

KEY TAKEAWAYS

- Discover how to turn your inner imposter into an ally that helps you thrive.
- Understand the roots of Imposter Syndrome, learn key psychological tools for mental strength, and apply **practical techniques** to unlock your potential.
- Transform feelings of inadequacy into confidence and use them as a catalyst for personal and **professional growth**.

WHO WILL BENEFIT FROM THIS TALK?

- Organisations going through rapid growth
- Companies wishing to encourage the progress of females into more senior roles
- Events for female executives

LOGISTICS

- 45-60 minute interactive keynote or webinar
- 2-3 hour workshop
- Content is adapted to the specific audience

TESTIMONIAL

"Imposter syndrome is a term that gets thrown around far too much. But Caroline was able to break down what it is and what it isn't, normalising the feelings and emotions that so many of us experience on a daily basis. As well as giving practical, evidence based tools and strategies that we can all start using right now to empower us to overcome it, her stories had the audience hooked."

"Many people talk about Imposter syndrome, but there are not many I would book to talk about it. Caroline is one of those few."

Alex Williams, NHS mental health practitioner

