



# Stevon Lewis, Psychotherapist Conquering Impostor Syndrome: Tools to Help You Silence Your Inner Bully

Thursday, April 25 • ATL • 11 a.m. - 12 p.m.

Do you ever feel everyone is doing it better than you?

Do you feel you ever feel like an imposter and everyone around you 'gets it' so much more?



This presentation will focus on helping participants identify Impostor Syndrome and learn effective ways to address the rigidly held beliefs sufferers hold onto that prevent them from connecting to the parts of themselves responsible for their success.

People struggling with Impostor Syndrome are plagued with the crippling fear that they will be found out to be a fraud and not really in possession of the skills and abilities others believe they have. This fear of "being found out" often has roots in childhood experiences that have developed into an inaccurate perception of self. The goal is to help people reduce their impostorism by learning to connect their thoughts, feelings and behavior to allow them to counter irrational beliefs that lead to distress.

## Learning Objectives

1. Define Impostor Syndrome and how it differentiates from anxiety and depression.
2. Describe commonalities that are often present in the histories of individuals who struggle with Impostor Syndrome.
3. Identify two tools to assist with a reduction in Impostorism.

**Stevon Lewis** is a speaker, author, executive advisor and the host of the podcast, "How to Talk to High Achievers About Anything," proudly produced by LWC Studios. With a unique background as a licensed psychotherapist, Stevon is a trusted expert in his field, dedicated to empowering high achievers to overcome Impostor Syndrome and cultivate a transformative shift in their mindset, allowing them to foster a deeper connection with their achievements and a broader definition of success.