

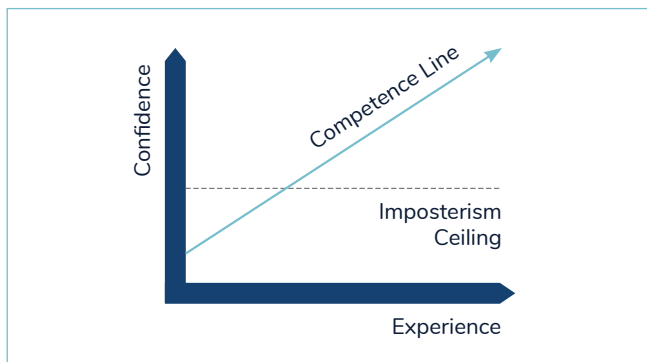


Back Yourself

When you back yourself you stand in your power, your voice is heard and you feel confident in your abilities. Whether you're a leader working on your D&I agenda or a team wanting to achieve peak performance – this programme is designed to help high achievers lean in and own their space.

During this programme you'll learn to –

- Achieve peak performance without burning out in the process.
- Leverage strengths and celebrate what makes us unique.
- Overcome imposter syndrome and retrain the brain for a positive mindset.
- Beat procrastination and perfectionism.
- Overcome overwhelm and build resilience.
- Turn down the inner critic and stop overthinking.



High achievers often overwork in a bid to prove themselves. It impacts their performance and ultimately their wellbeing. Despite the experience they continue to gain there is a ceiling on their confidence due to this Imposter Experience which undermines the competence you know they have.

Overcome feelings of self-doubt to unlock your potential and gain the confidence to succeed.

When you back yourself you lean in rather than miss opportunities, your imposter syndrome disappears, you don't fear speaking out and you build resilience and grow. If your team members are missing out on opportunities because of a lack of confidence, not speaking up or sharing their ideas worried they're not yet perfect. Procrastinating and over working to try and get everything perfect then you're missing out on their best performance.

This unique programme combines live face-to-face workshops, coaching, peer learning and support with online education and experience all delivered alongside a longer term implementation plan to support participants beyond their learning.

With tiered options to suit all budgets the full programme includes –

- 3 bespoke capability and performance workshops, one of which is specifically designed for leaders.
- Tailored to your needs and built for your organisation, not off-the-shelf.
- Monthly follow up coaching sessions to support implementation of learning along the journey.
- Team involvement means we're all talking the same language, have a point of reference and shared understanding.
- Practical strategies and proven experience.
- Leadership team have on demand access.
- Best selling books and online content to support learning beyond sessions.
- Staff talks and webinars allow one-hour deep dives into topics discussed to enable Q&A, further learning and facilitated discussion on applying specific principles to real world scenarios. Easily integrated into team meetings or lunch and learns.

GOLD: 12-month programme including bespoke workshops, follow up coaching, staff talks and webinars alongside elearning and additional resources. Leaders also get on demand phone access to Jess for ongoing specific support.

- *Ideal for those looking for ongoing transformation and lasting impact to take your organisation to the next level and create high performing teams.*

SILVER: 6-month programme including bespoke workshops, and follow up coaching with additional resources.

- *Ideal for those looking to make progress, start the ball rolling with a short term program to begin shifting the dial.*

BRONZE: Workshop series for both leaders and teams as a stand alone, includes all workshop resources.

- *Ideal for those with limited budget keen to make a start on this journey.*



Jess Stuart is the author of four personal development books, an international keynote speaker and experienced facilitator. She is a well-known expert in Imposter Syndrome, with media coverage and sell out events including appearances on TV and radio.

With 15 years in HR and a background in the corporate world working with leaders in personal development across many countries and industries, businesses find that Jess can speak their language.

Read more about what others have to say: jessstuart.co.nz

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Jess's exercises of helping people recognise their accomplishments was very helpful and motivational.

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It was refreshing to learn more about imposter syndrome that I have lived with most of my life, but have, up until now, never had the language to understand it better.

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This has helped override my natural tendency to criticise or focus on the negative and 'retrain' my brain.

WORKING WITH



FEATURED ON

