Imposter Syndrome Coach Practitioner

Course Schedule

March 18, 2025 - May 21, 2025

All times are in Eastern/New York Time.
Practicum sessions are not recorded and you need to attend a minimum of 2 out of 3 IM sessions live to graduate.

MODULE 1 Imposter Syndrome Origin Story

Content Session (AM)	Tuesday, March 18, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, March 19, 2025	6:00 PM ET	90 minutes

MODULE 2 Transforming Triggers and Stories

Content Session (AM)	Tuesday, March 25, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, March 26, 2025	6:00 PM ET	90 minutes

Implementation Mastery (IM) Session 1

IM Session (AM)	Tuesday, April 1, 2025	10:00 AM ET	90 minutes
IM Session (PM)	Wednesday, April 2, 2025	6:00 PM ET	90 minutes

MODULE 3 Internalizing Success and Quieting ANTs

Content Session (AM)	Tuesday, April 8, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, April 9, 2025	6:00 PM ET	90 minutes

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MODULE 4 · Self-Care, Burnout and Boundaries

Content Session (AM)	Tuesday, April 15, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, April 16, 2025	6:00 PM ET	90 minutes

Implementation Mastery (IM) Session 2

IM Session (AM)	Tuesday, April 22, 2025	10:00 AM ET	90 minutes
IM Session (PM)	Wednesday, April 23, 2025	6:00 PM ET	90 minutes

MODULE 5 · Expanding Roles and Flexibility in Imposter Syndrome

Content Session (AM)	Tuesday, April 29, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, April 30, 2025	6:00 PM ET	90 minutes

MODULE 6 · Cultivating Supportive Relationships for Growth

Content Session (AM)	Tuesday, May 6, 2025	10:00 AM ET	90 minutes
Content Session (PM)	Wednesday, May 7, 2025	6:00 PM ET	90 minutes

Implementation Mastery (IM) Session 3

IM Session (AM)	Tuesday, May 13, 2025	10:00 AM ET	90 minutes
IM Session (PM)	Wednesday, May 14, 2025	6:00 PM ET	90 minutes

Integration & Wrap Up

Integration & Wrap-Up Session (AM)	Tuesday, May 20, 2025	10:00 AM ET	60 minutes
Integration & Wrap-Up Session (PM)	Wednesday, May 21, 2025	6:00 PM ET	60 minutes