



So, you secretly
believe you
shouldn't be at
university...

You're not alone
and we can
help.


BRAVER
STRONGER
SMARTER™

So, you secretly think you don't belong at university?

...

"Right up until the point I was due to receive my award, I believed someone had made a mistake... I shouldn't have been doing a PhD."

Previous programme participant - Anglia Ruskin University

Fear of success, fear of failure and limited confidence about being in a scholar's role is stifling satisfaction, creativity and achievement in students across the education system – most notably in higher education.

Learn Braver Stronger Smarter is designed to help people recognise their scholarly potential free of the fear of failure, fear of success or fear of being found out as a 'fake'.

Working with individuals and supervisors/teachers, the programme provides insight to enable scholars to make the most of their time at university, free of impostor experiences.



www.braverstrongersmarter.com





Learn Braver Stronger Smarter is an evidence-based programme leveraging forty years of empirical research and current global investigation by Dr Terri Simpkin.

Insight into the scholarly 'impostor'



A session of collaborative insight will identify how scholars and their supervisors/teachers can work towards building confidence, self-efficacy and resilience for better scholarly achievement and more enjoyable learning experiences.

The programme assists scholars to-

- Accurately understand what the impostor phenomenon is and how it comes to be
- Appreciate the breadth and depth of impacts of fear of failure/fear of success on scholarly activity and achievement
- Recognise the cycle of 'impostor' thoughts and behaviours
- Identify ways of diminishing impostor feelings to take advantage of scholarly, research and work opportunities
- Explore the source of impostor experiences
- Establish a suite of responses to unlock latent talent, improve resilience and create new 'stories' for success

About The Impostor Phenomenon

(aka impostor syndrome)

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The Impostor Phenomenon (IP) creates an internal feeling of 'not being good enough' and being undeserving of success.

Feelings of intellectual phoniness are characteristic with an accompanying fear of discovery as a fraud. It can cause crushing doubt, stress and impacts negatively on motivations for career advancement, contributes to turnover and disguises the true capabilities of individuals – particularly women.

Individuals are unable to accept that their achievements are of their own making and instead overstate the place of luck or other external factors as reasons for success.

It's robbing our organisations of much need talent. It creates unnecessary barriers to individual success and 'feeds' inequity in the workplace. It's pervasive in universities globally.

Publications on the IP can be found on the website.



www.braverstrongersmarter.com



Ready to learn how
your scholarly
endeavours can set you
up for life?



Get in Touch



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Learn Braver Stronger Smarter is part of a suite of innovative programmes aimed at releasing latent talent in individuals, teams and organisations.

Learn more at www.braverstrongersmarter.com.

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www.braverstrongersmarter.com/learn/

www.braverstrongersmarter.com

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About...



Dr Terri Simpkin BBA HRM, BCom (Hons), PGCert (HE), MCIPD, Churchill Fellow

Terri is a forward thinking academic and a recognised specialist in emerging managerial and leadership paradigms, and gender issues in workplaces.

She is a researcher, corporate educator and sought after public speaker.

She is conducting an on-going programme of global research into the impostor phenomenon and the role it plays in diminishing the advancement of the inclusion agenda. Passionate about realising the potential of leaders by recognising and diminishing barriers to success, she works with organisations to better utilise workplace structures, processes, behaviours and values.

Terri is the Managing Director of Mischief Business Engineering (Uk and Aust), an organisation on a mission to create better, human centred workplaces and the founder/author of Braver Stronger Smarter.

Dare To Be Better

Braver Stronger Smarter is a registered trademark.