

Overcoming Self-Doubt: Building Real Confidence at Work Course (Self-Paced)

Stop letting imposter syndrome, anxiety, and self-doubt hold you back -- learn Mel Robbins' proven techniques for building real, lasting confidence.

Group classes in Live Online and onsite training is available for this course. For more information, email onsite@graduateschool.edu or visit: <https://www.graduateschool.edu/courses/overcoming-self-doubt-building-confidence>



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Course Outline

Module 1: Introduction

- Class Introduction
- The Unique Challenge of Being A Creator

Module 2: Building Self-Confidence

- Overcoming Imposter Syndrome
- The Myths and Truths About Confidence
- How To Develop Self-Confidence
- The 5 Second Rule

Module 3: Understanding Self-Doubt

- What is Self-Doubt?
- Self-Doubt, Anxiety & Creatives
- Self-Doubt Symptoms

Module 4: The Roots of Hesitation

- What Causes Hesitation
- Avoidance Coping
- Hypercritical Personality
- Overcoming Learned Helplessness

Module 5: From Doubt to Confidence

- The Connection Between Doubt, Worry, and Anxiety
- The 5 Habits of Building Self-Confidence