

IMPOSTER SYNDROME STUDY 2024

Confidential Research Clients



FREEDOM

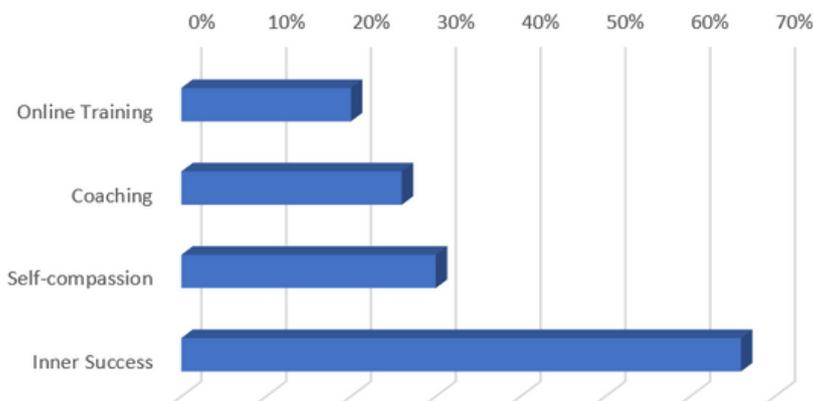
Imagine being **free from imposter syndrome!** Free from the nagging self-doubt so that you forget to doubt yourself. Imagine that effortless confidence, deep well of calm, masterful understanding of even the most difficult people, and powerful resilience where you no longer take things personally.

These are the consistent results that over 80 leaders have experienced with the Inner Success programme. It creates a unique transformation that targets **the root cause of imposter syndrome** - which is probably the biggest block to peak performance.

THE SOLUTION

Inner Success is a one-to-one, structured, **proven intervention** for imposter syndrome, that is more effective than any other published solution for imposter syndrome!

Percentage Improvement



Our pilot study has shown a **100% success rate** with two facilitators. Next we're proving that this result does not depend on any one facilitator. We're training a group of experienced executive coaches to run Inner Success, and they need research clients (supervised by the experts).

That's where you come in! You get the full one-to-one Inner Success programme for a **fraction of the normal cost** - and we get great data to publish (**100% confidential**, of course!)

AT A GLANCE

OUTLINE

- Complete 1-2-1 Inner Success
- Work with experienced coach, training in Inner Success
- Big transformation!

GIVING

- Ultra-low cost access
- Pay-it-forward sponsoring



TARA HALLIDAY

Imposter Syndrome Specialist

"My passion and purpose are to free people from suffering. Imposter syndrome is huge, unnecessary suffering, and it is probably the biggest block to success."

INNER SUCCESS PROGRAMME

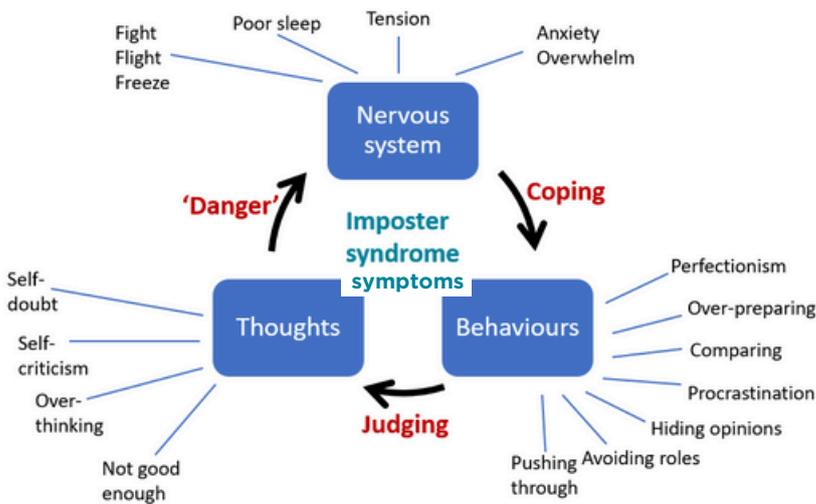
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STEPS TO FREEDOM

Inner Success is a systematic approach to eliminating imposter syndrome by changing the false belief that drives it. Change the belief and you switch off the automatic stress response imposter syndrome causes.

Imposter syndrome has many symptoms locked in an unending cycle. When we resolve the root cause, we **break the cycle** and the symptoms simply **fall away**.



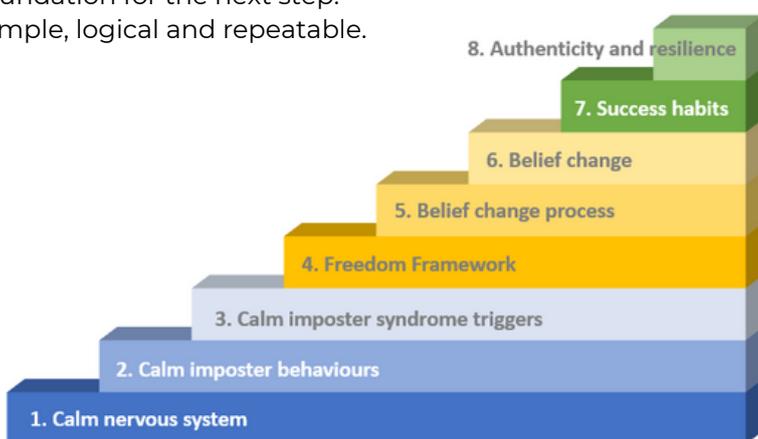
RESULTS

- Freedom from self-doubt
- Effortless confidence
- Natural resilience
- Aligned authenticity
- Improved leadership
- Increased emotional intelligence
- Calmer with more energy
- Improved relationships
- Peak performance
- Deep self-acceptance

HOW IT WORKS

Inner Success has eight practical modules with exercises guided by your coach in one-to-one sessions. It is a momentum programme, each module creating the foundation for the next step.

Simple, logical and repeatable.



RATINGS

Inner Success does what it says on the tin - you've already created your outer success, and this work develops your inner success so that you achieve with ease, enjoy your work and love the journey.

Inner Success has client satisfaction rating of 4.9, and a 100% success track record!



INNER SUCCESS TESTIMONIALS

CLIENTS SAY



INNER SUCCESS

"I have seen a huge shift in my ability to handle stressful situations and a quietening of my inner critic." - Jason N.

"Inner Success is life-changing and I am inspired by the self-awareness I have developed from the programme." - Elaine W.

"The core belief change exercises have been fundamentally life-changing." - Simon C.

"Inner Success built an understanding of the beliefs and behaviours that had led me to question my worth." - Stuart N.

"Since completing the programme I am more resilient, creative and confident in my ability to progress." - Adrian M.

"Inner Success got to the underlying issues of these feelings and re-wired my thought processes to unblock the negative narrative." - Jim H.

"I will always be grateful to have chosen to invest in myself." - Alistair S.

"The nagging self-doubt is now gone! It was so good to take this time to examine how I think." - Andy F.

"I certainly feel more confident now, and less concerned about being in the spotlight." - Stefan G.

"I am much more relaxed about my work. I feel more empowered and I am on a mission to bring the real me to work." - Dan J.

"I feel at ease and like a weight has been lifted. I feel more peaceful within myself." - Susan Z.

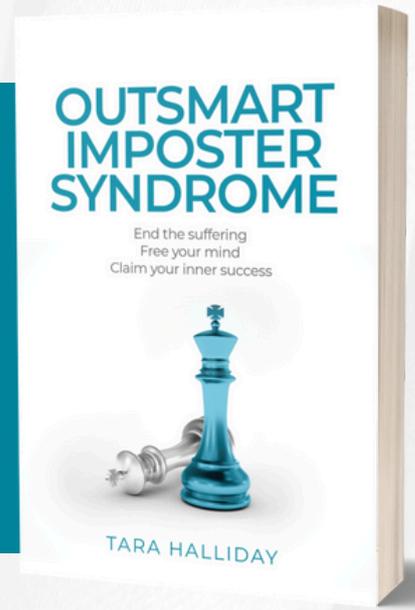
"I am now so much calmer, with clarity of what drove my imposter behaviours, and I feel deep self-acceptance." - Luke P.

"I'm now more able to speak out, more confident, not hard on myself, and enjoying my work immensely." - Ed F.

"Inner Success has made me feel like me again, wanting to take the lead, share ideas and not feel threatened." - Julie M.

IMPOSTER SYNDROME STUDY 2024

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Finalist in Business Book Awards 2024
Amazon #1 Bestseller 2023

FINANCIALS

You get the full benefit of the Inner Success programme with a coach committed to you getting the complete experience of it. Your participation is also contributing pay-it-forward style, to getting more coaches trained to deliver this life-changing transformational programme.

Great for you, great for the coaches and great for the research!

<i>Pricing excl. VAT</i>	Standard Cost	Research Prog.
Inner Success	£7500	£ 975

AT A GLANCE

COSTS

- £ 975 + VAT
- Normal price is £7500 + VAT

SPONSORSHIP

- £600 of cost sponsors the coach

DATA COLLECTED

Despite being a research programme, we understand that imposter syndrome is a very personal topic.

Your participation is **completely confidential**, and we will **NOT** be asking you to make public statements, or ask for photos or testimonial videos etc.

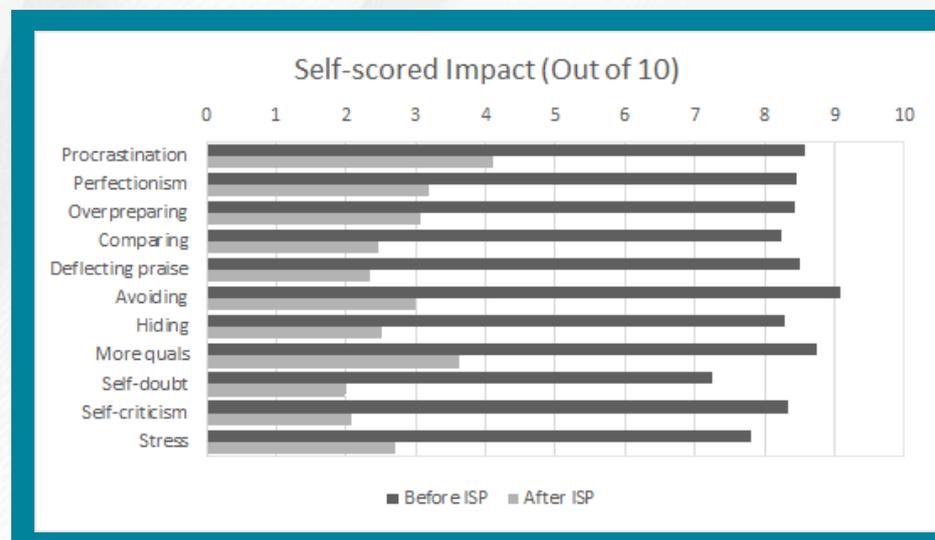
We're only interested in measuring the symptoms and the transformational change .

We collect scores for the impact of imposter syndrome before and after the programme like this:



To Apply, Click Here:

<https://bit.ly/2024-IS-Quiz>



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YOUR COACH

Your coach is already qualified and experienced working with executives. They have just trained to deliver Inner Success and will be fully supervised during your programme.

REQUIREMENTS

To be eligible to be a research client, you must be:

- Experiencing imposter syndrome (as per a quiz)
- Over 33 years of age
- Motivated to complete the programme
- Available for 3-4 hours per week*
 - 1 hour of on-demand videos
 - 1-2 hours exercises
 - 1 hour one-to-one session

* Inner Success is run at the right pace for your maximum results. It is completed in 8 and 21 sessions, an average of 13 sessions, one per week.

APPLYING

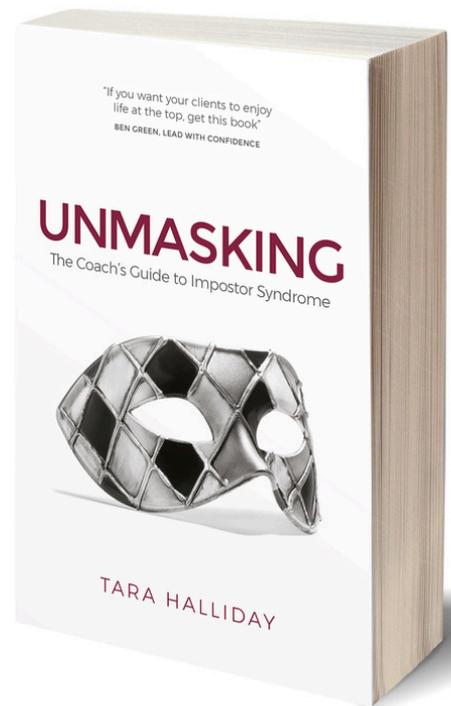
Places are limited.

Take the quiz (click on yellow box) to see if you qualify.
Reserve your place, first-come-first-served

Two weeks before the research programme starts, you may sell back your spot to us if you can no longer do the programme. Anyone on the wait-list can purchase a spot at this time.

Programme start dates, the week of

- 21st October 2024



Amazon #1 Bestseller 2018

JOINING

- Take the Imposter Syndrome Quiz
- If you qualify, book your spot!
- Follow the link below:

Quiz link to start:

<https://bit.ly/2024-IS-Quiz>

INNER SUCCESS

In 2020, a meta-study found that there were **no** validated interventions for imposter syndrome. None!

Since then, some interventions have been published, with improvements of 21%, 30% and 32 %.

Inner Success has a consistent, 100% success rate with 66% improvement in symptoms - which effectively eliminates imposter syndrome!

The programme is highly structured and repeatable. Join me in bringing this exciting work to the world!