

LEAD BOLDLY: FREE FROM SELF-DOUBT AND FULL OF CONFIDENCE



TRANSFORM SELF-DOUBT INTO CALM, CLEAR, AND POWERFUL LEADERSHIP

You've achieved so much already - but it never feels like enough. The promotions, accolades, and successes don't silence that nagging voice in your head, whispering, 'You're not good *quite* enough.' This is the feeling of imposter syndrome, and it's more common than you think.

In fact, nearly 70% of high achievers struggle with this - constantly second-guessing themselves, fearing failure, and doubting their accomplishments.

But here's the good news: imposter syndrome doesn't have to define your journey. With the Inner Success programme, you can eliminate it for good and step into the confident, thriving leader you're meant to be.

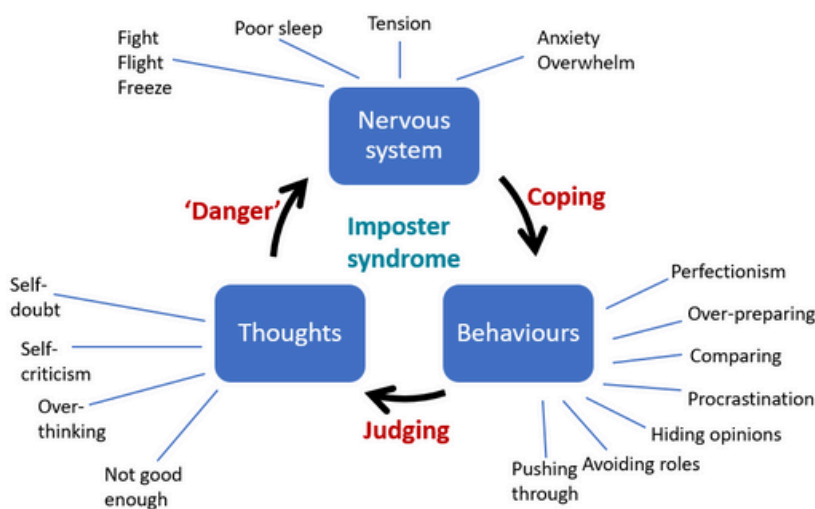
"I'm now more able to speak out, more confident, not hard on myself, and enjoying my work immensely."

Ed F., Chief Operating Officer

INNER SUCCESS DELIVERS:

- ✓ Effortless confidence in decision-making
- ✓ Calm and clarity under pressure
- ✓ Inner resilience and mental flexibility
- ✓ Steadiness - the ability to not take things personally
- ✓ Compassionate leadership with strong boundaries
- ✓ Increased emotional intelligence
- ✓ Deep self-acceptance that eliminates self-doubt

ENDING IMPOSTER SYNDROME FOREVER



SOLVING THE CAUSE

Imposter syndrome isn't a lack of confidence - it's a complex cycle of self-doubt, stress, and behaviours like perfectionism that leave you feeling stuck.

Unlike other approaches, Inner Success doesn't only manage symptoms - it eliminates imposter syndrome at its root.

INNER SUCCESS

- Lowers physiological stress and restores nervous system balance
- Rewires unconscious self-doubt patterns
- Transforms behaviours like comparing and over-preparing into productive habits
- Frees your natural resilience and aligns you authentically with your true values

Inner Success delivers real, lasting change with 2-3 times the effectiveness of any other method.

IMPOSTER SYNDROME IS NOT ...

- Lack of confidence
- A personality trait
- Weakness
- A gender issue
- Lack of experience

IMPOSTER SYNDROME IS ...

- An unconscious perception that can be changed

HOW IT WORKS

Inner Success has eight steps combining neuroscience-backed tools, practical exercises, and one-to-one coaching for lasting change.



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., Managing Director

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

"The core belief change exercises have been fundamentally life-changing." - Simon C., Chief Operating Officer

"Inner Success built an understanding of the beliefs and behaviours that had led me to question my worth." - Stuart N., Partner in Global Services Consultancy

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

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

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

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

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

"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., CEO

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

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

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

RATINGS

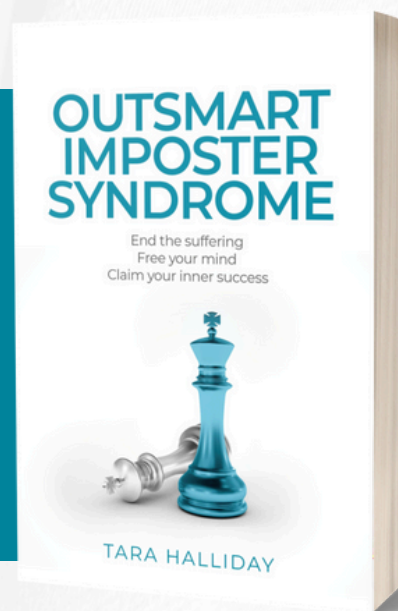
Inner Success does what it says on the tin. We've already created your outer success. Now it's time to work on the inner success. Enjoy your work and love the life you've created. Inner Success has a client satisfaction rating of 4.9 and a 100% success track record.



4.9 Star Rating

IMPOSTER SYNDROME STUDY 2025

Transformation Clients



Finalist in Business Book Awards 2024
Amazon #1 Bestseller 2023

FINANCIALS

I'm training experienced coaches to facilitate Inner Success, and will be supervising their work with three clients.

These transformation clients receive the complete programme with 80% discount.

<i>Pricing excl. VAT</i>	Standard Price	Your Price
Inner Success	\$6600	\$1290

DATA COLLECTED

Your participation is **completely confidential**, and we will **NOT** be asking you to make public statements, nor ask for photos or testimonial videos etc.

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

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



AT A GLANCE

INNER SUCCESS

- 8 structured modules
- Short on-demand videos each week, 1 hour maximum
- 1-2 hours exercises per week
- One-hour one-to-one session with your coach per week

IMPOSTER SYNDROME STUDY 2025

Transformation Clients

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 join, you must be:

- Experiencing imposter syndrome (as per a quiz)
- 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

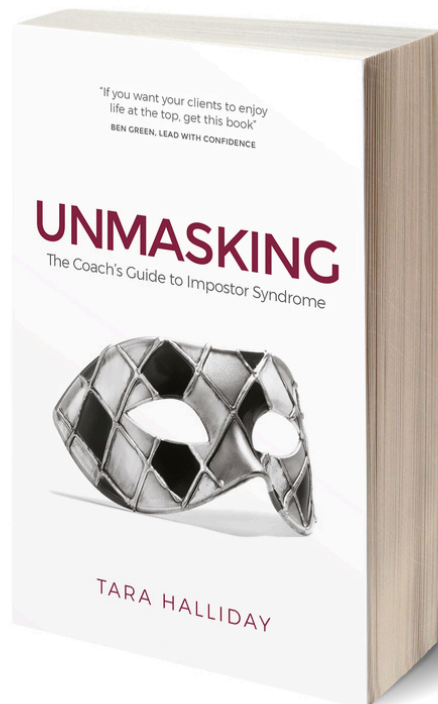
* Inner Success is run at the right pace for your maximum results. It is completed in 8 and 21 sessions, an average of 13 sessions, one per week.

QUESTIONS? LET'S CHAT!

Choosing the right programme is an important decision. Book a free clarity call with Tara to:

- Get answers to your questions about the Inner Success programme
- Understand how it can free you from imposter syndrome
- Explore whether it's the right fit for your goals and challenges

[Book your call now](#)



Amazon #1 Bestseller 2018

TO APPLY:

- 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>

RESEARCH

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 67% 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!

IMPOSTER SYNDROME STUDY 2025

The Who and Why

TARA HALLIDAY

I'm Dr. Tara Halliday, transformational leadership coach, and best-selling author, dedicated to helping high achievers eliminate imposter syndrome for good.

I get frustrated because imposter syndrome is such unnecessary suffering and pointless pain. I'm thrilled that my clients consistently develop natural resilience, lead with calm and clarity, and thrive in every area of life. You deserve this too!

INNER SUCCESS

I designed Inner Success to go beyond symptom management, and tackle the root cause of imposter syndrome. It delivers real, lasting transformation and boosts leadership excellence and deep self-acceptance.

The results speak for themselves! We've had a 100% success rate, and symptom improvement of 67%, which is 2-3 times better than *any other approach to imposter syndrome*. I've also taught other coaches to facilitate Inner Success, and they've had equally great results (it's not me, it's the process!).

WHY?

These results are too big to keep Inner Success to myself, I'm keen to share it with the world. So I'm doing a larger study, training more coaches and supervising them as they facilitate Inner Success. That's where you come in!

As a Transformation Client, you get the full Inner Success experience, delivered one-to-one but at a fraction of the usual cost.

Imagine a life where self-doubt no longer holds you back - a life where every decision, every challenge, is met with confidence and clarity. That shift begins here and now. Take the quiz today to secure your spot in this life-changing program.



- **Specialised in Imposter Syndrome, 2016**
- **Certified Neurofeedback Trainer, 2018**
- **Certified Unconditional Worth Coach, 2014**
- **Diploma in Holistic Therapy, 2005**
- **PhD in Engineering, 1997**