

WEBINAR: IMPOSTER SYNDROME MASTERCLASS

WEDNESDAY 21 SEPTEMBER 2022 – 12:30 – 13:30

Webinar details: The platform is **Zoom** and can be viewed on a mobile, tablet, laptop or PC. The link to join will be emailed to you nearer the time. It would be helpful to download Zoom on to your device beforehand - the app is Zoom Cloud Meetings. Please note that it may not be possible to access your video and microphone if you are remote accessing your office computer - you may want to forward the link.

Cost: £25 – Member and Associate Members of BDLS/Trainee Solicitor
£50 – Non-Member of BDLS

1 hour CPD

Join Donna for one hour and discover the three key steps to increasing your self-belief and self-confidence whilst turning down the volume of your inner critic – Imposter Syndrome!

This Seminar is for those who are wondering:

- **How to deal with Imposter Syndrome when it triggers you**
- **How to meet every situation with tremendous confidence in your talents and abilities**

Learn how to put imposter syndrome back in its box with Donna Smith, a former lawyer and imposter syndrome victim herself. Donna will share with you her challenges with imposter syndrome and how it ultimately derailed her legal career. Now she acts on imposter syndrome before it acts on her and you can too!

This webinar will be presented by **DONNA SMITH** For the past 20 years she has been studying burnout and now coaches and trains lawyers on how to take their wellbeing and development as seriously as they take the law. Donna is a qualified Coach and NLP Practitioner. The **BURN BRIGHT PROGRAMME** is based on her own experience of recovering from and avoiding burnout. She has created a proven process that moves individuals from feeling burnt out, stressed and overwhelmed to high performing, resilient and happy. She is the author of the upcoming *Burn Bright Journal for Lawyers – daily practices to help you thrive in your legal career*.

BOOKING FORM

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Please complete and return this slip to office@bournemouthlaw.com

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No*	Membership Type	Cost
	Solicitor Member	£25
	Associate Member	£25
	Members of the BDJLD	£25
	Trainee Solicitor	£25
	Non-Member	£50
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