

WEBINAR: OVERCOMING IMPOSTER SYNDROME - LEADING WITH AUTHENTICITY AND CONFIDENCE

TUESDAY 27 JANUARY 2026 – 11:00 – 12:00

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:	£30 – Member and Associate Members of BDLS/Trainee Solicitor £55 – Non-Member of BDLS
Booking Reference:	667
CPD:	1
SRA Competence:	B SRA Statement of solicitor competence Solicitors Regulation Authority

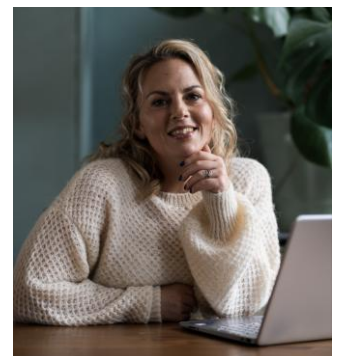
Do you ever feel like you're just one step away from being "found out" and that you have just got to where you are by chance? Even high achieving lawyers can struggle with imposter syndrome, the persistent belief that their success is due to luck rather than skill. This engaging, practical webinar will unpack why these feelings arise, how they impact performance and wellbeing, and what you can do to overcome them so you can lead with clarity, authenticity, and confidence. In this 1-hour webinar, you will learn:

- **What imposter syndrome really is and why it shows up so often in the legal profession.**
- **The psychology behind self-doubt helping you understand the thought patterns that fuel it.**
- **How perfectionism and comparison play a hidden role in keeping imposter feelings alive.**
- **Practical mindset shifts and tools to reframe self-criticism and build inner confidence.**
- **Strategies to lead authentically so you can show up in the way you want to, even under pressure.**
- **Ways to cultivate a supportive culture that normalises growth and vulnerability among peers and teams.**

Whether you are a junior lawyer finding your footing or a seasoned professional stepping into leadership, this session will help you silence the inner critic and own your success with confidence.

Speaker Profile:

This webinar will be presented by **JESS WIGGINS**. Jess is a Leadership Coach and the founder of Impact Coaching International. Formerly Deputy Head of a successful law firm in Manchester, Jess brings over 15 years' People and Leadership experience in the legal profession to her work with clients. She knows the legal profession inside out and understands the demands and challenges of a career in law. Not only that but she is a qualified Coach and Group Coach Facilitator with significant experience of coaching and mentoring lawyers and leaders to help them achieve their maximum potential. The Leadership Coaching Jess delivers supports the growth and development of leaders, ensuring they are inspiring, influential and impactful.



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