

Latino Community Stage



Workshop
Summary

Rising Above Imposture Syndrome

Workshop Description

Let's focus on strengths. The goal of this workshop is to recognize and unlock existing skills, talents, and potential. Understanding our uniqueness and developing such inner confidence are key to adapting to feelings of doubt and beliefs that are inconsistent with accomplishments. Numerous barriers beyond our control do exist that create doubt and discourage academic progression. This workshop will examine such systemic and environmental barriers in order to develop practical coping strategies and layers of support. In addition, this workshop will also include speakers who have experienced and surpassed feelings of doubt and obstacles that are common across academia. By the end of this workshop participants will know how to objectively assess internal perceptions, build a support network, and reaffirm existing strengths.

Target Audience

- High school, community college, and university students
- Ideal for student led clubs/orgs, nonprofits, symposiums, & conferences
- Juniors, seniors, and grad students

Primary Objective

Develop an asset-based perspective designed to recognize existing strengths and encourage academic progression

Our Goals

- Encourage students to objectively evaluate personal strengths and potentials
- Help students identify coping strategies and layers of support
- Bring awareness of systemic barriers that hinder academic progression
- Provide opportunities to listen and ask questions to individuals who have experienced impostor syndrome

Desired Outcomes

- The ability to accurately assess and recognize unique strengths
- Increased confidence in preventing or addressing feelings of imposture syndrome
- Identify support network for ongoing guidance

Topics Covered

- Evaluating silent messages
- Systemic barriers
- Overcoming doubt & comparisons
- Recognizing my strengths
- The value of role models
- Pursing my highest aspirations

Rising Above Imposture Syndrome

Length of Workshop:

Workshop can be adapted to meet the needs of the group or event.

Where?

Due to covid restrictions, we are offering virtual workshops at this time. However, if your group would still like an in-person workshop at your facility, please let us know to make arrangements.

Workshop Fee:

One virtual workshop is free for the group. However, workshop series fee will depend on number of participants in cohort group and length of workshops. Program or organization is responsible for fee. All workshops are intended to be free for all students.

Book a Workshop

Contact our Event Coordinator at <https://www.latinocommunitystage.org/contactus> if you have any further questions or to book a workshop.

Important Notes:

- Do workshop participants have to be Latino/a? Nope! Although the Latino/a population is our primary demographic, everyone is welcome to take part and contribute to workshops.
- *This particular workshop includes an additional speaker who has experienced and conquered imposture syndrome. He/she will share experiences and also answer any questions.*
- What's the process like? We keep things simple! Our event coordinator will answer any additional questions and send a simple checklist that will help organize the workshop or your event.
- Is there acting or theater involved? Why Latino Community Stage? Ah no, not at all. Much of what we do is about putting the best and brightest Latino/as on a *global stage* to celebrate their accomplishments. Take a look at LatinoCommunityStage.org.