



## ART OF COACHING PODCAST™ EPISODE 105

### BRETT SOLO EPISODE: OVERCOMING IMPOSTER PHENOMENON

*The questions below are just a starting point. If you are experiencing imposter phenomenon or know someone who is, a detailed bonus workbook is included with this episode and can be found at [artofcoaching.com/impostor](http://artofcoaching.com/impostor)*

**We highly recommend you download the workbook and use it alongside these reflective questions and the episode.**

**What % of people experience imposter phenomenon and who does it primarily afflict?**

**Describe a time you proactively minimized your success or used self-deprecating humor to downplay your strengths. What would you do differently next time?**

**Describe a situation in which you struggled to accept a compliment or attributed success to external factors. How would you handle this situation in the future?**



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**Describe a time you dreaded hearing feedback or avoided being evaluated. Why?**

**Can you relate to any of the archetypes listed? Which, and how so?**

**Which aspect of the workbook that accompanies this episode was most helpful?**



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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