

Heather Whelpley

Speaking & Workshop Offerings

Imposter Syndrome - And What To Do About It

Imposter syndrome is feeling like a fraud, unqualified, or aren't ready – even though you are successful. Although imposter syndrome can impact men, women have twice as many self-doubting imposter thoughts as men. This holds many women back from leadership roles, pursuing clients, starting businesses, sharing ideas, and speaking up in meetings. Job satisfaction and employee wellbeing are also impacted by imposter syndrome.

The good news is we can do something about it! In this interactive session we will discuss how imposter syndrome impacts us, why it affects women more than men, and practical tools to manage imposter syndrome so they don't hold you back in your career, including how to:

- Recover fast when doubt and imposter syndrome strike
- Distinguish between your inner critic and true inner voice
- How to act even when you don't feel confident

Communicating With Power

As women, we frequently – and inadvertently – decrease the power of our message in written and verbal communication as well as body language. How often have you apologized for something that you didn't need to apologize for? Or asked a question when you really had an opinion? In this workshop, we'll discuss how to write, speak, and present with strength, including:

- Phrases to eliminate from your emails
- Simple changes you can make in the way you speak to convey greater confidence
- Strong body language
- The catch-22 women face in appearing too confident or direct – and how to overcome it

Creating Your Own Rules Of Success

Whose definition of success are you striving for? Does it belong to you – or to your parents, your organization, our culture, or what you wanted earlier in your life? It's time to know what YOU want and WHY. Key takeaways include:

- Understanding the rules you're playing by now – and if they still make sense for you
- Identifying your core values
- Redefining success on your own terms



Email: heather@whelpleyconsulting.com
Website: <https://heatherwhelpley.com/>

Letting Go of Criticism And The Need For Praise

It's easy to ruminate on criticism for days, weeks, or even years. Holding onto harsh feedback can stop us from continuing to strive towards our goals, hold us back from job opportunities, and stop us from trying new things. The need for praise and validation can be equally as detrimental. In this workshop you'll learn:

- Why we get attached to praise and criticism
- What you should be taking from feedback
- Strategies to learn, let go, and move on

Overcoming Perfectionism

Perfectionism. One of the few acceptable weaknesses to mention in an interview. After all, don't we all want to produce the best work we can? The reality is that perfectionism causes a massive amount of anxiety, stress, and burnout. It leads us to over-prepare, over-research, over-customize. It can hold us back from sharing new ideas that aren't "perfect" yet. And it's a waste of time. In this workshop we'll explore:

- What is really behind perfectionism
- Mindset shifts so that you can share your brilliant ideas, take risks, and move quickly on opportunities

Networking, Mentors, and Sponsors

Relationships are critical to career development and women are less likely to be a part of networks that will contribute to their career success. A proactive approach and learning how to network authentically can help you to have greater access to people and opportunities. We will:

- Discuss the differing roles of mentors and sponsors
- Map your networks
- Brainstorm strategies to build relationships – even if you hate networking

All workshops are available in formats to reach varying sizes of groups both virtually and in-person. Workshops can be scheduled as individual 60-90 minute sessions, combined for longer programs, or purchased as a set delivered over a period of months. Customized workshops and leadership development programs are also available.



Email: heather@whelpleyconsulting.com
Website: <https://heatherwhelpley.com/>

Testimonials

Heather has worked with organizations like Boston Scientific, Ameriprise, LifeTime, The YWCA, University of Minnesota, and Women Venture. The imposter syndrome workshops at both Ameriprise and LifeTime were the most widely attended events their women's networks had ever hosted. Past workshop participants have said:

- "This class made me feel so empowered. It also motivated me to shift my thinking when I experience self-doubt. I loved this class!"
- "One of the best speakers we've had."
- "I needed this morning more than ever before and some actions on how to counteract that inner critic that is all too loud in my life."
- "I learned how to believe in myself and know my worth. It also made me realize that I'm not alone in thinking this way."
- "I thought the training was absolutely fantastic. I learned a lot, I felt safe and empowered, and felt it was very valuable reflection both personally and professionally."
- "Excellent. A lot of knowledge. Hope she returns every year to pass on her info."

Heather Whelpley



Heather is a coach and speaker that works with women to master doubt and imposter syndrome and own their brilliance so they can move forward in their career with confidence. Prior to owning her business, she worked in corporate human resources at Cargill and Ameriprise for ten years where she led numerous leadership development programs for top performing women. Heather has extensive global experience, including working in Australia and Latin America. She has a master's degree in Human Resource Development from the University of Minnesota and is a graduate of the Coaches Training Institute.



Email: heather@whelpleyconsulting.com
Website: <https://heatherwhelpley.com/>