

# Heather Whelpley

## Speaking & Webinar Offerings

### Imposter Syndrome - And What To Do About It

---

Do you ever hear a little voice in your head saying, "I'm not ready. It's already been done. I just got lucky. What will everyone think? Do I know enough to be here?" If any of these sound familiar, then you have been impacted by imposter syndrome. These fraudy thoughts influence how you show up in your career, from pursuing a promotion or starting to a business to speaking up in meetings and sharing new ideas.

The good news is you can do something about it! In this interactive session we will discuss how imposter syndrome impacts you 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 voice
- How to act even when you don't feel confident

### 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, 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
- Redefining success on your own terms
- Creating a new set of rules that align to your values, goals, and the person you want to be

### Overcoming Perfectionism

---

Perfectionism is a sticky thing. After all, don't we all want to produce the best work we can? While a drive for excellence is good, crossing the line into perfectionism can cause anxiety, stress, and burnout. It leads you to over-prepare, over-research, and over-customize. It can hold you 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
- Tools to squash perfectionism when it arises
- Mindset shifts so you can share your ideas, take risks, and move quickly on opportunities



Email: [heather@whelpleyconsulting.com](mailto:heather@whelpleyconsulting.com)

Website: <https://heatherwhelpley.com/>

## Wellness & Self-Care in the New Normal

---

It's a strange time. The world changed so quickly - and it continues to change. We are living with uncertainty fatigue. Stressors are different. Anxiety heightened. Taking care of yourself is a whole new ballgame.

You may not be able to change the pandemic, but you can choose how you will respond. In this interactive webinar we will discuss how the ongoing uncertainty impacts your emotions as well as practical tools to manage self-care and wellness in the new normal, including:

- Three steps to recognizing and releasing emotions
- Resetting expectations of yourself and others
- Actions you can take now to support your physical, mental, emotional, and spiritual health



Email: [heather@whelpleyconsulting.com](mailto:heather@whelpleyconsulting.com)

Website: <https://heatherwhelpley.com/>

# Testimonials

- “Heather recently spoke at our annual General Mills Women in Marketing event. Our theme for the day was ‘Blaze Your Own Trail’ and Heather’s topic of ‘Creating Your Own Rules For Success’ was a perfect fit! Heather’s presentation was interactive and engaged the whole group – not an easy task with over 150 women in the room! We received fantastic feedback from the session and everyone left feeling empowered to define success on their own terms and step into the person they want to be in their career and life as a whole.” Amanda Burlison, Betty Crocker Brand Manager at General Mills
- “Heather delivers. As a presenter at our company lunch & learn on imposter syndrome, she was professional and relatable, using an effective mix of science, personal narrative, practical takeaways, popular resources and hands-on exercises, including a powerful centering exercise. The event broke previous attendance records (250+), with all survey respondents indicating the topic was relevant to their lives.” Asya Mikhailendo Sturgell, Senior Manager of User Experience Design and co-chair of the women’s network at Ameriprise Financial
- “Heather has spoken at several events for the Project Management Institute of Minnesota and her sessions are fantastic and engaging! This past fall she led breakouts on both imposter syndrome and overcoming perfectionism at our annual Professional Development Days conference and the feedback we received was excellent. Attendees felt safe with her and commented that, “Heather is very knowledgeable on her topic and her presentation supports that.” Heather also spoke on a panel at a separate event focused specifically on engaging women in our chapter. I appreciated how attendees walked away with fruitful nuggets to begin applying in their lives right away. Heather is energetic and engaging with a keen sense to help others open up and share. Thank you, Heather, for sharing your expertise!” Janice Pyka, PMI-MN 2019 Chapter President
- “Heather was a featured speaker for the Minneapolis Regional Chamber's Executive Women's Council this fall. The event sold out and Heather knocked it out of the park with her presentation on imposter syndrome. Participants told me this was the ‘Best topic and presentation this year at EWC!’ and ‘Heather was REAL!’. Heather was also very professional and timely. She got back to me quickly, showed up early the day of the event, and generally made it easy for me to work with her. Highly recommend her as a speaker!” Anna Stinson, Director of Programming for the Minneapolis Regional Chamber



Email: [heather@whelpleyconsulting.com](mailto:heather@whelpleyconsulting.com)  
Website: <https://heatherwhelpley.com/>

- “Heather spoke at our most recent STARCON19 conference. Her session on imposter syndrome made such an impact! I especially appreciated that Heather took the time to understand our unique industry and used examples the attendees could identify with. She was a smashing hit and elevated our whole conference!” Merilee Johnson, Director of Reporter Relations and Technology
- “We partnered with Heather to conduct a Business Education Webinar on the topic of Perfectionism for over 100 business leaders. Virtual facilitation can be a challenge for some, but not Heather. Her passion, conviction and charisma allowed her to keep our participants engaged virtually. This topic is so important in today’s workplace, but is one that is not often addressed. Heather helped to define perfectionism, identify how it can actually hold us back and pragmatic tools to squash it to more freely share ideas, move quickly on opportunities, and decrease stress. Heather exemplifies a great blend of expertise, enthusiasm and pragmatism in her facilitation!” Missy Chicre, SVP Business Development & Product Innovation at Mentium
- “This class made me feel so empowered. It also motivated me to shift my thinking when I experience self-doubt. I loved this class!” Event attendee
- “One of the best speakers we’ve had.” Event attendee
- “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.” Event attendee
- “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.” Event attendee
- “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.” Event attendee
- “Excellent. A lot of knowledge. Hope she returns every year to pass on her info.” Event attendee



Email: [heather@whelpleyconsulting.com](mailto:heather@whelpleyconsulting.com)  
 Website: <https://heatherwhelpley.com/>

## Recent Clients

- Deloitte
- General Mills
- Ameriprise Financial
- Project Management Institute of Minnesota
- SharpHeels Career Summit
- Home Services of America
- University of Minnesota
- Winthrop & Weinstine
- Women's Club of Minneapolis
- Women Entrepreneurs of Minnesota
- Rally Health
- Women Venture
- Boston Scientific
- LifeTime
- STARCON19 Annual Conference
- Minnesota Defense Lawyers Association
- Illinois Tool Works
- YWCA
- Menttium
- Horizontal Integration
- Minneapolis Regional Chamber
- Certified Financial Analysts Society of Minnesota
- The Business Women's Circle
- Mary's Pence

## Heather Whelpley



Heather is a speaker, coach, and author that guides women to let go of expectations and create their own rules so they can enjoy life while making a big impact with their work. Her first book, *An Overachiever's Guide To Breaking The Rules: How To Let Go Of Perfect and Live Your Truth*, will be published in Fall 2020. Heather has led workshops on imposter syndrome, perfectionism, and creating your own rules for success with thousands of people at Fortune 500 companies like Deloitte, General Mills, and Boston Scientific, as well as non-profits, universities, and professional development conferences. She also facilitates webinars on these topics and recently launched the online

course, *The Five Steps To Overcome Imposter Syndrome*. Prior to owning her business, Heather worked in a wide variety of leadership development, human resources, and change management roles at Cargill and Ameriprise for ten years. At Ameriprise she led several programs to accelerate the development of high performing women. Heather has extensive global experience, including living and 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](mailto:heather@whelpleyconsulting.com)

Website: <https://heatherwhelpley.com/>