

# JOY'S IMPOSTER TO EMPOWERMENT SPRINT



**OPTIMIST**  
Business Solutions  
SOLVE | CHANGE | IMPROVE

## About Our Coaching

A masterclass with a focus on cultivating a growth mindset to fend off imposter syndrome, paired with mentorship for professionals eager to reshape their career leadership.

## Audience

Ambitious professionals who've excelled academically or were held to high standards as children now looking to break the cycle of perfectionism and overachievement while still pursuing their career and leadership goals.

## Can You Imagine

Can you imagine - you walk into a conference room full of accomplished professionals. Your negative self talk, anxiety, and insecurities kick in. You catch yourself, take a deep breath, close your eyes briefly and repeat your affirmations. You open your eyes and breath out. A feeling of confidence covers you. You walk further into the room feeling empowered. You are confident and ready!



### Is This For You

Are you constantly second-guessing your success, feeling as though you're merely faking it in your professional field?



### What's Included

Group coaching calls for 60 minutes every week over 12 weeks



### When Does It Start

TBD



### What is Your Investment

\$2,997 or  
4 payments of \$867



### How Many Seats

(Limited to First 10  
Sign-ups)



### Who's Coaching

Joy E. Mason, CSSBB

Call us for  
more info



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