


Insight Circle Lab

A safe place to overcome Imposter Syndrome



Syllabus for 12-weeks to overcoming Imposter Syndrome

Prepared by your facilitator, Molly Plumley

OVERVIEW

You've worked hard, you're smart, people trust you... so why does it still feel like you're just *winging it* and one day someone's going to find out?

Overcoming Imposter Syndrome is a 12-week, live, small-group coaching adventure for high-achievers who are tired of second-guessing themselves and ready to finally believe what everyone else already sees.

Each week, we'll tackle the sneaky thoughts and habits that keep you feeling like a fraud, swap "I'm not ready" for "I've got this," and give you practical tools to stand tall in your skills and accomplishments. With only six spots, you'll get personal attention, honest conversations, and a safe space to laugh, learn, and level up — without the pressure to have it all figured out.

By the end, you won't just *look* confident — you'll actually feel it.

Imposter Syndrome Freedom Map

Your 12-Week Journey From Self-Doubt to Confidence



Spot the Imposter

Unmask what's been holding you back



Rewire the Mindset

Shift the story your brain is telling you



Step Into Your Power

Show up with authenticity and strength



Lock It In

Anchor your growth and keep momentum going

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PURPOSE

This program exists for one reason: to help you stop feeling like you accidentally snuck into the room and start owning the fact that you *belong* there.

Over 12 weeks, you’ll learn how to:

- Spot and shut down those “I’m not good enough” thoughts before they spiral.
- Replace self-doubt with genuine self-trust (no fake-it-til-you-make-it required).
- Say yes to opportunities without the panic hangover.
- Celebrate your wins like you actually earned them — because you did.

When we’re done, you’ll walk away with more confidence, a toolkit full of strategies you can actually use in real life, and a circle of peers who get it and have your back.

BEFORE AND AFTER: YOUR IMPOSTER SYNDROME MAKEOVER

Before	After
Second-guessing every decision.	Trusting your judgment and moving forward with confidence.
Brushing off compliments because “they don’t really mean it.”	Accepting praise without awkwardly changing the subject.
Saying yes to <i>everything</i> out of fear of falling behind.	Saying yes (or no!) with clarity and zero guilt.
Overpreparing for <i>everything</i> just to feel “ready.”	Preparing what’s needed and knowing that’s enough.
Feeling like you somehow fooled everyone into thinking you’re capable.	Owning your skills and knowing you absolutely deserve your place.
Secretly terrified of being “found out.”	Proudly showing up as your authentic, capable self.

MATERIALS NEEDED

1. A functional computer with camera and mic and access to Zoom
2. A safe space to attend your weekly meetings
3. Bring your own journal / notebook
4. Excitement to engage, to learn more about yourself, and to participate in the foundational change of your fellow cohort members.

MEET YOUR FACILITATOR



Hi, I'm Molly — your guide, ICF-PCC coach, and friendly truth-teller for the next 12 weeks. I am also a recovering imposter!

I've been helping leaders grow since 2018 through the facilitation of leadership and coach training programs, and since 2019 as a full-time professional leadership coach, with thousands of 1:1 coaching sessions logged. Before that, I spent 15+ years in leadership roles in people development — which basically means I've been in the business of helping humans reach their potential for a *long* time.

Earlier this year, I became a certified **Imposter Syndrome Coach Practitioner** because after years of coaching, one thing kept popping up over and over again: imposter syndrome. I've seen firsthand how it holds smart capable people back, and I'm on a mission to help you finally look it in the eye and kick it to the curb.

Why a cohort instead of 1:1? Because I believe tackling imposter syndrome is even more powerful when you do it alongside others who *get it*. You'll gain insights faster, feel less alone, and leave with a built-in support squad who will cheer you on long after the program ends.

I can't wait to dig in, challenge those sneaky self-doubt patterns, and celebrate every breakthrough with you — big or small.

WHAT LIES AHEAD...

Here is the breakdown of our 12 weeks together

We'll move from awareness → tools → action → lasting confidence. Each week builds on the last so you can see real, lasting change without feeling overwhelmed.

Weeks 1–3: Spot the Imposter

- Welcome + Understanding Imposter Syndrome- what is this?
- The Science Behind Imposter Syndrome
- Types of Imposters
- Identify Personal Patterns and Labels

Weeks 4–6: Rewire the Mindset

- Triggers & Patterns
- Challenge the Negative Thought Loops
- Develop Tools to Stay Present and Manage Overwhelm
- Build a New Inner Narrative Grounded in Truth, Not Fear

Weeks 7–9: Step Into Your Power

- Redefining Success & Failure
- Set Boundaries That Protect Your Energy and Confidence
- Building Authentic Confidence
- Say “Yes” and “No” With Clarity and Confidence

Weeks 10–12: Lock It In

- Create Your Personalized “Confidence Toolkit”
- Visibility Without the Fear
- Practice Real-World Application With Group Support
- Leave With a Clear Action Plan and a Peer Network to Keep You Moving Forward

YOUR SCHEDULE

Founding Cohort options, 2025

You choose what works best for your schedule.

Once cohorts are set, there are no adjustments made. If you need to miss a meeting, but could make the alternate time, that can be arranged. Due to high confidentiality and the vulnerable nature, these meetings will not be recorded. All meetings will conclude before December holiday season.

TUES COHORT	DATE	TIME (EST)	THURS COHORT	DATE	TIME
Meeting 1	* 9/23/2025	8:00pm - 9:30pm	Meeting 1	* 9/25/2025	3:00pm - 4:30pm
Meeting 2	9/30/2025	8:00pm - 9:00pm	Meeting 2	10/2/2025	3:00pm - 4:00pm
Meeting 3	10/7/2025	8:00pm - 9:00pm	Meeting 3	10/9/2025	3:00pm - 4:00pm
1:1 Coaching	Week of 10/6 or 10/13	TBD - you schedule this	1:1 Coaching	Week of 10/6 or 10/13	TBD - you schedule this
Meeting 4	10/14/2025	8:00pm - 9:00pm	Meeting 4	10/16/2025	3:00pm - 4:00pm
Meeting 5	10/21/2025	8:00pm - 9:00pm	Meeting 5	10/23/2025	3:00pm - 4:00pm
Meeting 6	10/28/2025	8:00pm - 9:00pm	Meeting 6	10/30/2025	3:00pm - 4:00pm
Meeting 7	11/4/2025	8:00pm - 9:00pm	Meeting 7	11/6/2025	3:00pm - 4:00pm
Meeting 8	11/11/2025	8:00pm - 9:00pm	Meeting 8	11/13/2025	3:00pm - 4:00pm
Meeting 9	11/18/2025	8:00pm - 9:00pm	Meeting 9	11/20/2025	3:00pm - 4:00pm
Meeting 10	11/25/2025	8:00pm - 9:00pm	Meeting 10	* 12/4/2025	3:00pm - 4:00pm
Meeting 11	12/2/2025	8:00pm - 9:00pm	Meeting 11	12/11/2025	3:00pm - 4:00pm
Meeting 12	12/9/2025	8:00pm - 9:00pm	Meeting 12	12/18/2025	3:00pm - 4:00pm
1:1 Coaching	Week of 12/8 or 12/15	TBD - you schedule this	1:1 Coaching	Week of 12/8 or 12/15	TBD - you schedule this

* No meeting for Thanksgiving, two weeks time between meetings 9 and 10 for TH cohort

* Meeting #1 is 90-minutes, with all remaining meetings 60-minutes.

Please be sure that you can make a minimum of 10 of the above meetings as attendance is key in making the most of this program.

.....AND NEXT STEPS

If you have not yet taken the free online Clance / Bravata / Holmes 3-minute imposter syndrome assessment to gauge where you are starting your Imposter Syndrome journey, please do so [HERE](#).

Tell us more about you:

Please fill out [THIS](#) form with your information, your Imposter Syndrome test results, which cohort you would like to be considered for, and a brief explanation of what brings you here (a little deeper than the basics) as well as what you want to get out of these 12 weeks.

We will review and confirm there is room in your selected cohort.

Founding Cohort Pricing

As part of this pilot, your 50% off discounted rate is **\$1,500- so act fast**. The full rate program starting in 2026, is \$3,000.

If there are conflicts or issues, we will reach back out. If not issues, we will follow up with an invoice and agreement. Once those are taken care of, you will receive calendar invites and an invitation to your learning portal.

Then.... Away we go!