

Confidence, Boundaries and Overcoming 'Imposter Syndrome'



Case study: Katie Hynard

Katie has more confidence than ever before, has overcome her imposter syndrome, can articulate her personal brand and set boundaries between work and home.

She is now on the path to becoming a senior leader in her asset management firm and she credits this success to completing a bespoke coaching program with Olivia at The Women's Vault.

Challenge:

- Katie had lost her confidence since becoming a mother and was concerned about juggling her motherhood and career - she wanted to be able to succeed at both
- She had imposter syndrome for most of her career and wanted to overcome it.

Action:

- Step 1: Katie contacted Olivia to create a bespoke one-to-one coaching program
- Step 2: Katie completed her program, learning practical tools to implement straightaway
- Step 3: Katie returned to work and has continued to succeed and enjoy being a Mum

Results:

Katie is more confident than ever before, has balance and overcome her 'imposter'. This has led to greater career success and more happiness at home.

Testimonial:

"I have just secured a new role that actively puts me on a path towards being a senior leader. I couldn't have done it if The Women's Vault hadn't tee'd me up to challenge my existing stakeholders and supporters at work and to articulate my brand and aspirations so clearly.

"Olivia helped reignite a fire in my belly after motherhood knocked me for six and I've never known myself have this level of inner confidence. Olivia's coaching helped me put myself back together for my return to work and and turbo charge my career.

"I am a firm believer in women needing supporters to help us find the inner belief - Olivia is that for me."

Would you like to feel more confident, set boundaries, boost your career and overcome your imposter, just like Katie?

Contact Olivia at The Women's Vault to arrange a confidential chat:
oliviabath@thewomensvault.com

