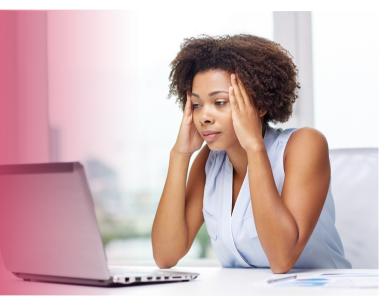
### COURSE TITLE:

# **Overcoming Your Inner Critic**

Build creative and professional confidence while you turn down the volume of your 'inner critic' through simple tactics that help you push through self-judgment



#### 🕦 90 MINUTES | VIRTUAL OR LIVE

## DESCRIPTION

Does your inner critic come out to play at the worst possible times? Is he overwhelming your ability to push through mistakes, be resilient and grow? This program is designed to help you make bolder, more creative choices while putting your inner critic into their proper place.

Through interactive exercises and group discussions, you will gain insights into the origins of your inner critic (spoiler alert: it's biological) and learn techniques to cultivate self-compassion while boosting self-confidence and creativity. You'll leave with practical strategies to help you recognize negative selftalk and limiting beliefs so you can push through challenges, solve problems, and show up powerfully in any situation.

## **OBJECTIVES**



#### UNDERSTAND

Understand the concept and biological origins of the inner critic and its impact on performance and personal growth



DEVELOP Develop strategies to challenge and reframe

negative self talk

through self-reflection



IDENTIFY Identify the signs and triggers of the inner critic



CREATE Create a personalized action plan to overcome the inner critic and foster personal growth



Distinguish between selfcriticism (that stops you) and critical thinking (that helps you narrow important decisions)

DISTINGUISH

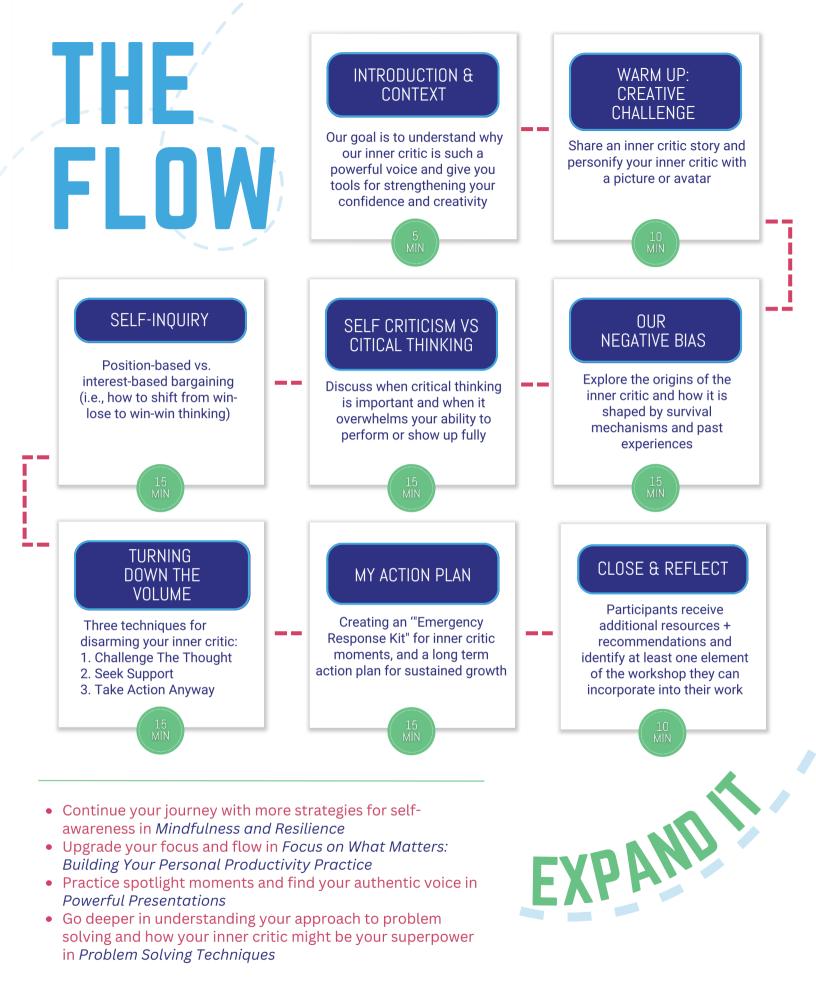
#### DISCOVER



Discover tools and resources to continue the journey of overcoming the inner critic beyond this program



#### Overcoming Your Inner Critic



### Fairplay

#### **Overcoming Your Inner Critic**