

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




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 self-talk and limiting beliefs so you can push through challenges, solve problems, and show up powerfully in any situation.

 90 MINUTES | VIRTUAL OR LIVE

OBJECTIVES

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

 **IDENTIFY**
Identify the signs and triggers of the inner critic

 **DISTINGUISH**
Distinguish between self-criticism (that stops you) and critical thinking (that helps you narrow important decisions)

 **DEVELOP**
Develop strategies to challenge and reframe negative self talk through self-reflection

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

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

THE FLOW

INTRODUCTION & CONTEXT

Our goal is to understand why our inner critic is such a powerful voice and give you tools for strengthening your confidence and creativity

5 MIN

WARM UP: CREATIVE CHALLENGE

Share an inner critic story and personify your inner critic with a picture or avatar

10 MIN

SELF-INQUIRY

Position-based vs. interest-based bargaining (i.e., how to shift from win-lose to win-win thinking)

15 MIN

SELF CRITICISM VS CRITICAL THINKING

Discuss when critical thinking is important and when it overwhelms your ability to perform or show up fully

15 MIN

OUR NEGATIVE BIAS

Explore the origins of the inner critic and how it is shaped by survival mechanisms and past experiences

15 MIN

TURNING DOWN THE VOLUME

Three techniques for disarming your inner critic:
1. Challenge The Thought
2. Seek Support
3. Take Action Anyway

15 MIN

MY ACTION PLAN

Creating an "Emergency Response Kit" for inner critic moments, and a long term action plan for sustained growth

15 MIN

CLOSE & REFLECT

Participants receive additional resources + recommendations and identify at least one element of the workshop they can incorporate into their work

10 MIN

- Continue your journey with more strategies for self-awareness in *Mindfulness and Resilience*
- Upgrade your focus and flow in *Focus on What Matters: Building Your Personal Productivity Practice*
- Practice spotlight moments and find your authentic voice in *Powerful Presentations*
- Go deeper in understanding your approach to problem solving and how your inner critic might be your superpower in *Problem Solving Techniques*

EXPAND IT