



WSSFC 2023

QOL/Ethics Track – Session 3

Imposter Syndrome

Presented By:

Maria Serbus, Maria Serbus LLC, Rochester, MN

About the Presenter...

Maria Serbus is owner/founder of Maria Serbus, LLC: Start your Evolution-Awaken your Best Self. Her business focuses on helping motivated, driven high achievers overcome stress/overwhelm through mind-body practices to enjoy the life they live now. Maria's business focuses building resilience through mindbody practices to support successful women in taking it next level in life & business with more clarity & ease. She leads interactive group workshops, keynote speaking engagements, online courses, and a membership community. She is also podcast host of Unleash Your Potential with Maria Serbus. Maria has experience in an eight-year occupational therapy career across a variety of settings in Rochester, MN including Mayo Clinic and community based rehab settings. She holds certifications as an anxiety management specialist, a HeartMath Biofeedback professional and is trained in using Emotional Freedom (accupressure) technique, along with other Holistic mindbody tools in practice.



Shifting Self Doubt to Self Confidence

WITH

MARIA SERBUS

*RESILIENCE COACH &
SELF AWARENESS EXPERT*



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Meet the Presenter

Maria

Owner/Founder of Maria Serbus, LLC

Public Speaker | Coach | Consultant

- Specializes in resilience building services to support high achievers, purpose driven people in work & home
- Anxiety management specialist
- Biofeedback HeartMath certified professional
- Certified in Acupressure Emotional Freedom Technique
- Masters in Occupational Therapy



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CONFIDENCE

*Surface level
confidence*

vs.

*Embodied
confidence*

Ask yourself: *What would it feel like to move forward with more confidence?*



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The path from self doubt —————> self confidence

Journey to embracing embodied confidence

1. Self awareness
2. Self tolerance - sitting with myself - often self doubt here...
3. Self respect - early start of setting boundaries, taking care of *YOU*
4. Self love - self confidence



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SELF DOUBT

Reflect: *Can you give me certain situations that kick up your self doubt?*



← Check out my podcast on Spotify that dives into breaking self doubt into self love.



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IMPOSTER SYNDROME

Reflect: *Can you think of a time when you felt imposter syndrome creep in?*

How did it impact you?



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LET'S MEET 'SELF DOUBT'

'Self Doubt' has two components

The Mind Part

What thoughts drive self doubt?

What does your inner critic say?

What is the **underlying message** of your 'self doubt'?

The Body Part

How does self doubt make you feel?

Where do you feel it? (this is a stress response happening in the body)



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Common Self Confidence Error

Many people only focus on the **confidence** part..

- What is it?
- How to build confidence?
- How to strengthen your confidence muscle?

...but you can't overlay a NEW TRACK, "the confidence track",
over a fuzzy system –

You want to get curious and ask yourself, where did this come from?



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Self Doubt

Creeps in when you are
in your

Growth Zone



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IMPOSTER SYNDROME

*When your
ego tries to
keep you
safe.*

*When your ego
tries to keep
you in comfort
zone*

In these moments: *Examine your critic voice.*



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Examine Your Inner Critic Voice

Ask Yourself:

“Where is this coming from?”
“Who did this serve?”
“When did this serve me?”
“What is it trying to protect
me from?”



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WHAT DOES SELF DOUBT LOOK LIKE?

Check in with yourself.
When self doubt begins to
creep in, what do you notice?

In your mind?

In your body?

Anxious feeling in my chest,
overwhelmed in my head,
sweaty palms before a big
event....

What else comes up for you?



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RELEASING THE FEELING OF SELF DOUBT

Try this:

1. Notice where you feel “self doubt”
2. Practice breathing in self compassion
3. Exhale. . . honor it & release, and let it go.



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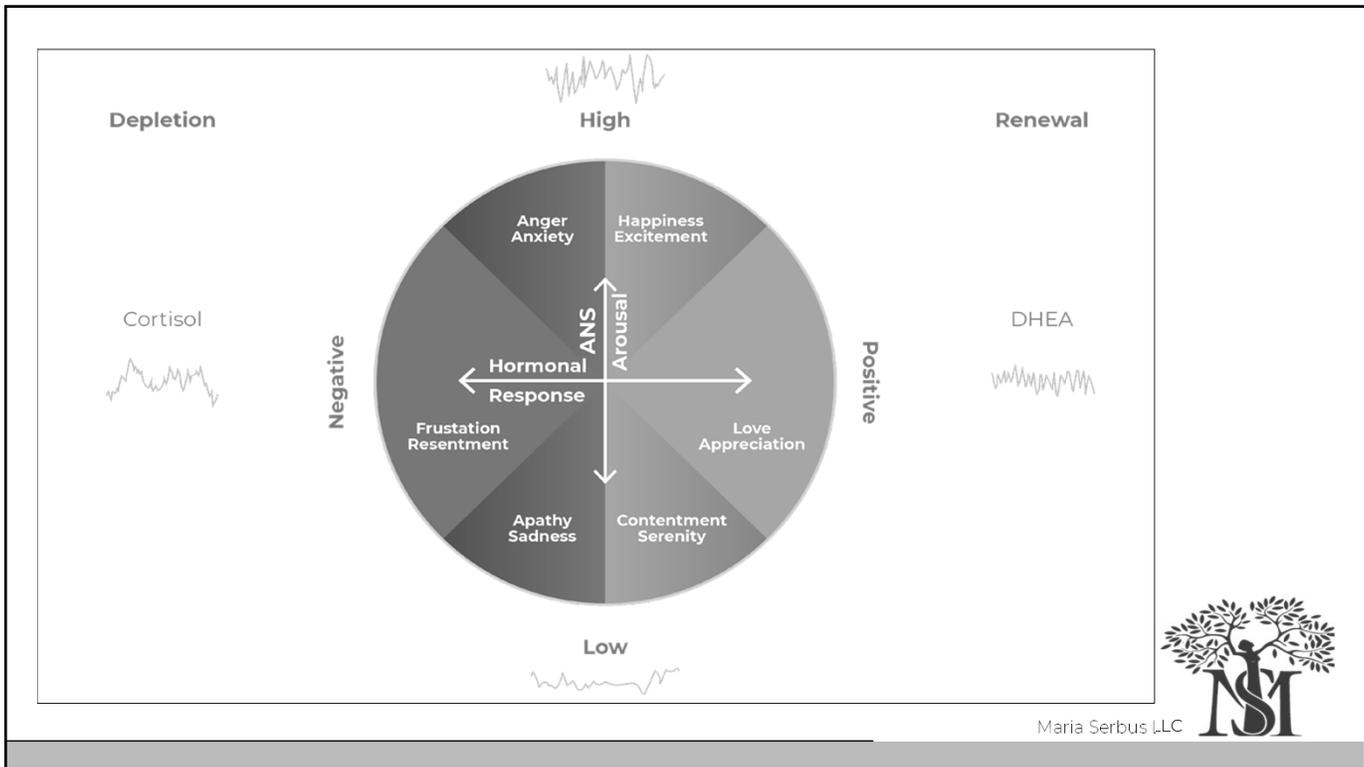
SHIFTING & CALMING STRESS RESPONSE

*Today I am here to empower you, if you can turn down your stress response, you can turn down inner critic voice which helps you turn **UP the volume on the new confidence track.***



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When you're calmer, it is easier to access **confidence track!**

1. What is the new track?
2. What do you need to be able to do?
3. Can you envision it? See it? Plan it out, execute.
4. Can you operate from a space of making decisions in alignment with your values over fear?




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NEXT STEPS FOR GROWTH

Once you learn to face & shift out of doubt - other tips to embody confidence!

- Confidence mantras.
- Visualize the **more confident, grounded, YOU!**
Have your supports/community
- Celebrate each small win, success, or accomplishment!
(yes, toot your horn.)
- Make your 'confidence' folder on your computer/phone
- Ground and anchor yourself, over and over again!



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REFLECTION QUESTIONS

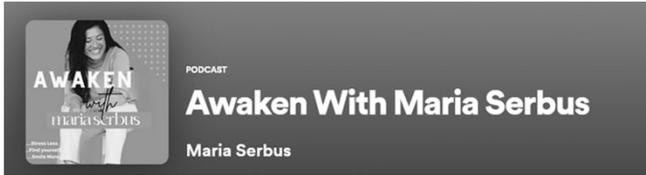
*Am I feeling self doubt and imposter syndrome because this is unfamiliar and I'm growing but **I have the necessary tools and skillset to be in this arena?***

*Am I feeling self doubt because I'm in growth zone, and I do need to ask for mentorship or do more learning to become more confident **as I learn the new tools/skillset?***



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Follow along with my podcast on Apple Podcasts & Spotify!



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Embodied *Confidence*

Guided Worksheet with
Maria Serbus

www.mariaserbus.com



Authentic Confidence

Think of a time where you felt your imposter syndrome come out or felt self doubt. What was happening at the time, what was the situation?

Mind part

Think of a specific time you felt self doubt/imposter syndrome. What were the thoughts running through your head? Was was your inner critic saying?

Body Part

In that same situation, how did it make you feel? How could you tell self doubt was creeping in? What was happening in y our body?

How do you want to show up? Think of an area of life you want to feel more confidence in, visualize and write down what would it feel like to show up with authentic confidence?

After today's presentation, what is one thing you will do to show up more confidently in work/business? What tools/techniques will you use to embody confidence?



EMBODIED CONFIDENCE

with Maria Serbus

Self Journey

1. Self Awareness
2. Self Tolerance
3. Self Respect
4. Self Love

Reflection

What does inner critic voice say?

Where does this come from?

How is it trying to keep you safe?

Why is it coming up now?

Is it trying to keep you in your comfort zone?

Calm Body

You can more easily access your inner confidence track when you are calmer, and grounded.

- Go for a walk
- Step outside for fresh air
- Do a workout
- Take a hot (or cold) shower
- Dance
- Hum
- Yoga class

Building Confidence

- Support System
- make a confidence folder on your computer/phone
- Affirmations
- Master your craft
- Visualize the more confident YOU!
- Dress for success

