



Women at the Wheel event

23rd November 2017

Deloitte office, Milton Keynes

All you need is a 5% edge

On 23 November we were happy to host a members event "Confidence & Resilience - The Inner Game to Peak Performance" led by Sally Fisher (www.ahhamomnets.co.uk), an international performance and career coach, who works with leaders around the world to help them achieve ambitious career goals.



We had 21 members in attendance and although this was only the second time most of us had got together it immediately felt relaxed and the conversation flowed over drinks and one of the best buffets I've had at a business event.

The session was fully interactive with the room breaking off into pairs or groups. A good insight was how the room felt when they watched the video made by Always titled '[Run like a girl](#)' and how the subliminal cultural, subtle unconscious bias makes you say/do things you don't actually mean.

We talked about how we internalise concerns around failure, which led to a discussion on imposter syndrome which if you research can cover the following:

1. Do you secretly worry that others will find out that you're not as capable as they think you are?
2. Do you sometimes shy away from challenges because of nagging self-doubt?
3. Do you tend to chalk your accomplishments up to being "no big deal"?
4. Do you hate making a mistake, being less than fully prepared or not doing things perfectly?
5. When you succeed, do you think, "Phew, I fooled them."
6. Do you believe that other people are smarter and more capable than you are?
7. Do you live in fear of being found out, discovered

Feedback suggests this was a relevant topic and that learning to challenge yourself and the culture you work in is something we all need to do more of.