

Imposter Syndrome Coaching Certification

Course Schedule

September 29, 2026 - March 2, 2027

Module Sessions Practicum Tag-Team Coaching

In Eastern/New York time (ET)

Session	Date	Time	Duration
Module 1: Imposter Syndrome Origin Story	Tuesday, September 29, 2026	10:00 AM ET	90 min
Module 2: Transforming Triggers and Stories	Tuesday, October 6, 2026	10:00 AM ET	90 min
Practicum #1 - Overcoming Resistance and Shifting Narratives	Tuesday, October 13, 2026	10:00 AM & 6:00 PM ET	120 min
Module 3: Internalizing Success and Quieting Automatic Negative Thoughts (ANTs)	Tuesday, October 20, 2026	10:00 AM ET	90 min
Module 4: Self-Care, Burnout and Boundaries	Tuesday, November 3, 2026	10:00 AM ET	90 min
Practicum #2 - Silencing ANTs	Tuesday, November 10, 2026	10:00 AM & 6:00 PM ET	120 min
Module 5: Expanding Roles and Flexibility in Imposter Syndrome	Tuesday, November 17, 2026	10:00 AM ET	90 min
Module 6: Cultivating Supportive Relationships for Growth	Tuesday, November 24, 2026	10:00 AM ET	90 min
Practicum #3 - Implementing Coping Cards for Lasting Change	Tuesday, December 1, 2026	10:00 AM & 6:00 PM ET	120 min
Module 7: Integration	Tuesday, December 8, 2026	10:00 AM ET	60 min
Module 8: From Insight to Intervention: Breaking the Imposter Cycle	Tuesday, January 12, 2027	10:00 AM ET	90 min
Tag-Team Coaching #1: Spotting & Interrupting the Imposter Cycle in Real Time	Tuesday, January 19, 2027	10:00 AM & 6:00 PM ET	120 min
Tag-Team Coaching #2: Working with Advanced ANTs (Automatic Negative Thoughts)	Tuesday, January 26, 2027	10:00 AM & 6:00 PM ET	120 min
Module 9: Restorying the Imposter Narrative: From Thin Stories to Thicker Understanding	Tuesday, February 2, 2027	10:00 AM ET	90 min
Tag-Team Coaching #3: Mapping the Client's Narrative	Tuesday, February 9, 2027	10:00 AM & 6:00 PM ET	120 min
Module 10: Interpersonal Dynamics & Imposter Syndrome: From External Validation to Internal Authority	Tuesday, February 16, 2027	10:00 AM ET	90 min
Tag-Team Coaching #4: Expanding the Narrative (Thickening the Story)	Tuesday, February 23, 2027	10:00 AM & 6:00 PM ET	120 min
Module 11: Wrap-Up	Tuesday, March 2, 2027	10:00 AM ET	60 min