

## Timetable (approximately)

- 00.00.00 / 00.09.09 : Welcome & Logistics
- 00.09.09 / 00.12.22 : About me (Isabelle Caratti)
- 00.12.23 / 00.20.30 : What does **"Impostor Syndrome"** really mean? What can you expect from my approach? Where are you now on a scale from 1 to 3?
- 00.20.32 / 00.25.24 : What is the **"Impostor Syndrome"** all about?
- 00.25.30 / 00.37.32 : Thought-experiment to uncover what is behind the mask of the impostor in us. What is the missing link between the **"raw reality"** and our **"personal experience" (our feelings)** of it?
- 00.37.33 / 00.40.30 : The equation of life: **100% of what we are feeling = 100% of what we are thinking in the moment.** No room left to the "raw reality"!
- 00.40.43 / 00.46.56 : If our feelings cannot be used as a compass, what is their purpose?
- 00.46.57 / 00.53.13 : What if mental suffering had the same function as physical pain: to keep us safe?
- 00.54.00 / 00.55.18 : **Empowerment techniques** we master vs. **Understanding** we embody (like gravity)
- 01.07.46 / 01.11.19 : Wrap-up of the 1<sup>st</sup> part around our **"Experience of the Impostor Syndrome"**.
- 01.11.19 / 01.13.20 : The equation of **Performance**. Now that we see our feelings for what they are, how can we be at our best?
- 01.13.20 / 01.21.06 : What goes in the way of Performance? **Personal Thinking** vs. **Natural Thinking**. Let's experience Natural Thinking!
- 01.27.03 / 01.33.24 : The result of the thought-experiment about the Natural Thinking mode.
- 01.33.24 / 01.37.54 : The good news is: the Natural Thinking mode is a built-in mechanism, which is always available, to all of us. :-)
- 01.38.05 / 01.41.17 : The equation of You at your best so that you can be awesomer (Link of Michael Neil's TED talk sent in the invitation: <https://youtu.be/xr6VawX2nr4> )
- 01.41.28 / 01.43.40 : What if the **"Impostor Syndrome"** were the goal?
- 01.43.40 / the End : Q&A - Conclusion