



CARTER CORSON
Business Psychologists

It's not you, it's me

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CARTER CORSON

- Development
- Coaching
- Assessment/ Psychometrics
- Resilience/Wellbeing
- Other stuff





Perceptions



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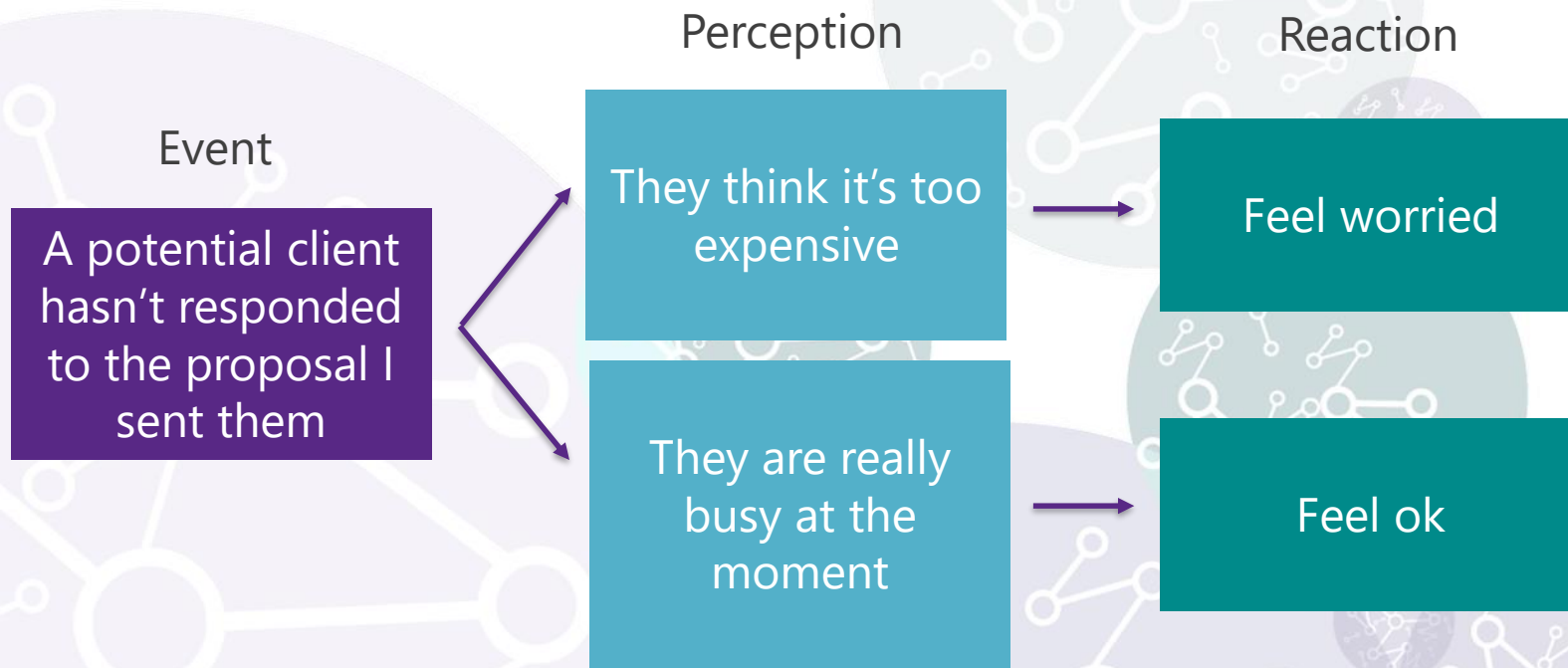
The Truth

Your Perception
(your version of the
truth)

**Your Perception
is
The truth**



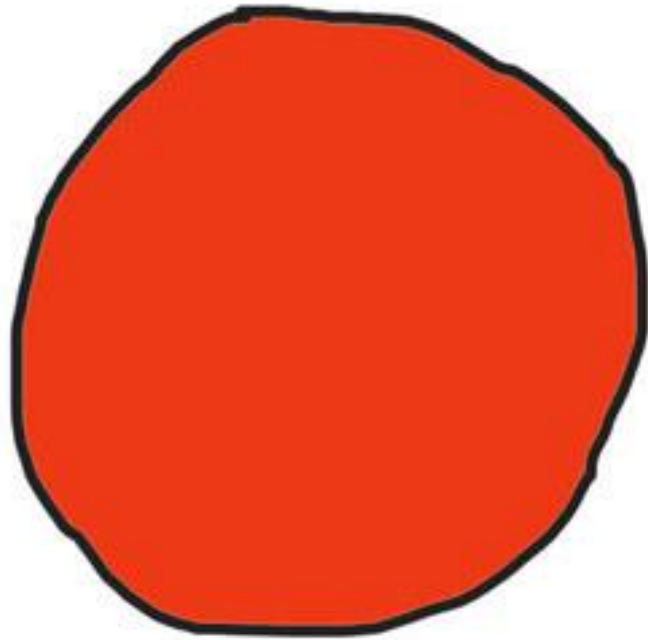
Responding, not reacting





I'M ONTO YOU, BUDDY!

TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL
PEOPLE THAT YOU THINK
HAVE THEIR SHIT TOGETHER



Managing Thoughts

Flawed thinking can
become our reality.

You can choose to
change your thinking...



- Listening to your inner critic
- Being enticed by comfort
- Getting stuck
- Giving in to fear



It's as easy as A, B, C...

What A ctually happened?	
What did you B elieve to be true?	
What was the C onsequence	
How might you D ispute the belief	
What is the E ffect of that?	
What's your F unctional new thought?	



Be the best version of yourself



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Stay in touch...



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