

Introducing Your Imposter Monster



By now we've all heard of the dreaded Imposter Syndrome, and many of us would probably admit to having it.

In **Introducing Your Imposter Monster** workshops, we present a new way of thinking about imposter syndrome - your Imposter Monster! You'll meet your Imposter Monster, and we'll discuss ways to turn them from a whisper that makes you feel small to a champion who helps you do hard things.

This research-supported method encourages participants to think of imposter feelings as a result of their environment rather than something that is wrong with them. We explore the 5 types of Imposters and how to interact with your Monster based on your type. The result is a healthier perspective on imposter feelings, decreased stress in situations that were previously difficult, and an improved ability to do brave things.

1-hour workshops

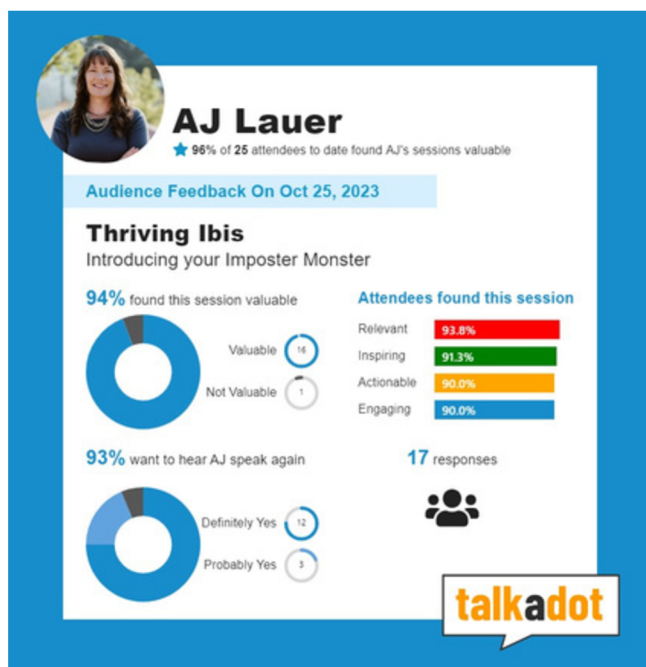
- Fast-paced
- Introduce the Imposter Monster and provide a new framework for understanding imposter feelings
- Offered online or in the Colorado Front Range only

\$2,000 USD

2-hour workshops

- Slower, more reflective pace
- In-depth introduction to the Imposter Monster concept
- Participants will meet their Monster and learn how to improve their relationship to imposter feelings
- Includes breakouts for discussion
- Offered online or in person

\$3,000 USD



About **AJ Lauer, EdD**

Owner of Thriving Ibis Leadership Solutions



Dr. AJ Lauer (she/her) is a leadership and diversity educator specializing in the development of science, technology, engineering, and mathematics (STEM) professionals.

She has two decades of experience working in higher education and nonprofit research where she has held diverse professional roles, including running a residence hall, leading an educational exhibit design project, and coaching and training C-suite staff.

She is passionate about improving the work lives of STEM staff and contributes to these efforts at national and international levels. Dr. Lauer is listed in the pilot database of IDEA practitioners for the Astrophysics Division of the Science Mission Directorate for NASA, is a co-author on various publications about improving diversity in STEM including the [500 Women Scientists Guide to Creating Inclusive Scientific Conferences](#), and served as Inclusivity Chair for the 2021 International Supercomputing Conference ([SC21](#)).

AJ holds a Doctorate in Interdisciplinary Leadership from Creighton University, Masters in Higher Education Administration from Florida International University, and Bachelors in Psychology from the University of Wisconsin-Madison.

Outside of the working world, you can find AJ playing with her two young children and husband, working in her garden, or reading a novel.



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