

**CAROLINE FLANAGAN**

Speaker | Coach | Author | Imposter

# BUILD YOUR IMPOSTER SPEECH™

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## **“The Imposter Speech™ is a transformational tool that will serve and empower you for life”**

Hello and welcome to your FREE Imposter Speech™ workbook!

I'm Caroline Flanagan, creator of the Imposter Speech™ - your portable, personal, powerful tool that will help turn your Imposter Syndrome into a strength.

This isn't about tips and tricks.

There are no gimmicks here.

The Imposter Speech™ is a transformational process. It's not a quick fix you can complete in a day. It's a process you need to go through in order to get the most powerful result. You see, it's not just about the speech. It's about who you become in creating it.



In this workbook you'll find an overview of the 5 steps of the Imposter Speech™ and a selection of example questions for you to reflect on during each step. If you have read the book, this will serve as a handy template for you to complete as you work through each chapter in Part III.

If you haven't read the book, what are you waiting for?

**Please note, this is the BASIC version of the full workbook you would get as part of the Imposter Speech™ coaching programme, and which you would work through, with me coaching you every step of the way. It's one thing to have the steps. Putting it all into practise and making it work for you is another thing altogether. As the creator and owner of the Imposter Speech™, no one on this planet is more committed, knowledgeable and experienced in this work and able to support you on this journey than me.**

When you are ready to take this further, here's what to do:

1. Join the Imposter Syndrome | Imposter Speech™ Facebook Group and when prompted, register your interest in the Programme: <https://www.facebook.com/groups/imposterspeech>
2. Sign up to my newsletter: <https://mymailers.biz/carolineflanagan>
3. Listen /look out for the next Launch Date, which will be announced on Facebook and in the newsletter.

Yours,

Caroline

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## Step 1: WHO ARE YOU?

*Objective:* To start using your name as a confidence anchor

*Reflection:*

1. Do you like your name?
2. How do you feel when you say your name?
3. How do you communicate your name?
4. How do you react if people get your name wrong?
5. What would it take to love your name?
6. How do you want the sound of your name to make you feel?

*Build your speech:*

“My name is....”

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**SELF Coaching notes:**

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## Step 2: WHERE ARE YOU?

*Objective:* Internalise your success

*Reflection:*

1. How do you define success?
2. What was your proudest moment?
3. What is your greatest achievement?
4. What is an achievement others don't know about you?
5. How quickly do you move on from your successes, to the next goal?
6. What are the first 10 successes that come to mind?
7. If I challenged you to find 100 successes, could you find them?

*Build your speech:*

"I am....."

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**SELF Coaching notes:**

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### Step 3: WHY ARE YOU HERE?

*Objective:* Know your why, What matters to you and what drives your decisions.

*Reflection:*

1. What drove you to do what you do?
2. What matters most to you?
3. Think of a time you were happiest - what value was being honoured?
4. Think of a time you were angriest or most upset - what value was being breached?
5. What thrills you? what makes you come alive?
6. When you are at your best, what is happening?

*Build your Speech:*

“What really matters to me is....”

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“I am at my best when.....”

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**SELF Coaching notes:**

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*Objective:* Know your backstory

*Reflection:*

1. What's the biggest challenge you've had to overcome?
2. Think of a failure or setback you've experienced in your life - how did you cope with it?
3. Think of a time when you wanted to give up - how did you keep going?
4. What is the hardest thing you've had to do? - how did you do it?

*Build your Speech:*

I have overcome many hurdles to get here...

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I've had to be.....[creative/resilient/strong/determined]

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It has taken.....[courage/hard work etc.]

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**Coaching session notes:**

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## Step 5: WHERE ARE YOU GOING?

Reflection:

1. What's your goal for the next month? Year?
2. Where do you want to be 5 years from now?
3. What impact do you want to have on others?
4. How do you want to be remembered?

*Build your Speech:*

Here I am..... [describe goal in **present tense**]

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Here I am..... [describe purpose in **present tense**]

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**SELF Coaching notes:**

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## USING YOUR SPEECH IN THE REAL WORLD

Using the questions below as a guide, reflect on a typical day or week, and the challenges that come up for you either at work or outside the office. In the space below, make a list of the different scenarios in which you could use your Imposter Speech.

Times I need courage:

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Times I need confidence:

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Times I need motivation:

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Times I need to be resilient:

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# CAROLINE FLANAGAN

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Times I need reassurance:

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Other times:

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## Example Speech:

*Who am I?*

My name is Caroline Flanagan

*Where am I?*

I'm an ex-City lawyer who is now a transformational coach, keynote speaker, author of two books and mother of four boys.

*Why am I here?*

What matters most to me is feeling safe and secure;

I am at my best when I am feeling loved and I am loving, when I'm laughing and delighting and when I'm having new experiences.

What drives me is learning new things and how I grow and evolve as a result. I come alive when I am winning battles, defying the odds and achieving my impossible.

*How did I get here?*

It has taken grit and determination to get this far. I've had to be strong. I've had to be resilient and I've needed to think on my feet. It's also taken an unbelievable amount of courage. I've wanted to give up many times, but I've persevered. I put one foot in front of the other and I've just kept going.

*Where am I going?*

My goal right now is to help you turn your imposter syndrome into strength.

And now here I am, inspiring and empowering others around the world to become leaders, and bringing more diversity, inclusion and equality into leadership.

Caroline Flanagan

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