



## Continuing Professional Development Certificate

### How to succeed without your inner critic

#### Session 1 of 2

Delivered by Melissa Kidd, Motem Ltd

Many of us have an inner voice that is telling us we're not enough – be that clever enough, successful enough, attractive enough. For some of us, it is so familiar that we believe it's part of our very fabric and we wouldn't achieve anything without it. As such, we rely on it to motivate us and drive us forward but that creates a huge amount of pressure and stress, which can actually erode our capacity to perform at our best. Failure is terrifying because we take that to mean something bad about our sense of self - our identity. The thought-provoking sessions will introduce the idea that there are other ways to motivate yourself. This means you can enjoy your work more and can perform at an even higher level whilst reducing anxiety, stress and the risk of burnout.

#### Learning Outcomes:

- **Describe what an inner critic is.** As we go through life, whether it's the meetings we attend, the decision we make, the relationships we're in, we can notice a background commentary telling us how we are doing. Very often that lead us to thinking that we're not measuring up, can shake our confidence and fill us with doubt.
- **Recognise the three ways it manifests.** Perfectionism, people pleasing and feeling "like a fraud" are just some of its forms. They are extremely prevalent in the workforce and can undermine and prevent us from doing our best work and making good decisions.
- **Reflect on where it comes from and why we have it.** Having a loud tormenting critic is painful, miserable and yet unless we do the work to change our relationship with it, we think we need it to spur us on, to do our best work and to ensure we don't lose our moral compass.

**Total spent: 30 minutes**

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**Matthew Hall**  
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