



Continuing Professional Development Certificate

How to succeed without your inner critic

Session 2 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:

- **Apply a number of different ways to work with it so that overtime you change your relationship with it.** This session will go through a series of approaches to help you recognise the areas of your life in which your critic can show up and, once it does, what to do. These approaches are grounded in cutting edge research and neuroscience.
- **Recognise alternative helpful strategies to motivate yourself to perform at your peak.** Fear is not a good motivator over the long term. By changing the way we relate to ourselves, we can change the chemistry in our brain. This leads to optimal states for concentration, performance and presence.

Total spent: 30 minutes

Matthew Hall
Strategy and Operations Manager
Chartered Insurance Institute



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