

## Webinar Details – July 16, 2020

### Leadership is NOT Rocket Science: How Technical Experts Can Overcome the Self-Doubt that Haunts Them So They Become Influential Leaders

*Speaker - Maureen Zappala, High Altitude Strategies*

#### Summary

Impostor Syndrome is the single most significant roadblock to you reaching your greatest potential. This secret self-doubt causes talented people to second-guess their abilities and live with overwhelming anxiety and feelings of isolation. Even while performing exceptionally well, you fear your success is undeserved and will evaporate with the slightest slip-up.

There's a way out from this fear. By changing your thinking with the "Fraud-Free Framework" process, you can begin to enjoy your success, be proud of your abilities, enhance your creativity, and experience a new level of influence. You'll feel great about being great!

In this session, you will:

- Understand the causes and symptoms of the Impostor Syndrome.
- Learn the 3 steps to turn your thoughts from pitiful to powerful.
- Explore how connecting with peers can diffuse your fraud feelings.
- Learn a simple (but often overlooked) technique that will instantly match your confidence to your competence so you can unleash your influence.

Speaker Bio:



Maureen Zappala, a University of Notre Dame graduate and former NASA propulsion engineer, is an author, award-winning keynote speaker and founder of High Altitude Strategies. She works with high-performers to overcome the Impostor Syndrome, the secret self-doubt and internal voice that says "I'm not as smart as everyone thinks I am, and I feel like a fake."

She became the first female and youngest manager of NASA's Propulsion Systems Laboratory in Cleveland, Ohio. In 2009, she was in the top 10 of 30,000 contestants in the Toastmasters World Championship of Public Speaking contest. She's the author of "Great Speakers are Not Born. They're Built" and "Pushing Your Envelope: How Smart People Defeat Self-Doubt and Live with Bold Enthusiasm." She also is co-author (with Jack Park) of "Buckeye Reflections: Legendary Moments from Ohio State Football."

In addition to speaking and writing, she is a presentation skills coach, and works with people who need to construct clear, credible and compelling presentations.

After 40 years in Ohio, Maureen recently moved to the Las Vegas area. She has 2 college-age children and is an avid CrossFit fan and decorator-wanna-be. For more about Maureen, visit [www.MaureenZ.com](http://www.MaureenZ.com)