

## The 5 Consequences of Self-Doubt and What You Can Do About Them

Research confirms that self-doubt can seriously impair your performance at work, making you hesitate and feel insecure about your work.

When you experience self-doubt it stops you from going after things you really want to pursue and from engaging in new endeavors that can take you to the next level.

### **IT ALSO ZAPS MOTIVATION AND KILLS YOUR ABILITY TO PERSEVERE.**

In this talk, Louisa explains the five consequences of self-doubt and how they can lead to things like self-sabotage, impostor syndrome and procrastination.

Louisa shares her best evidence-based strategies for conquering self-doubt and building a more action-oriented confidence that fosters greater innovation, productivity and performance.

People find this talk extremely 'eye opening' and can shift people's behaviors for years to come.

### *About Louisa Jewell, MAPP*

Louisa Jewell is a speaker, author, and Canada's leading expert in positive psychology. She has taught thousands of people to flourish – both at work and in their personal lives – using positive psychology.

Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania which is the first master's program in the world that offers in-depth study of the science of psychological well-being, led by renowned psychologist, Dr. Martin Seligman. Louisa is a professor of positive psychology at the University of Texas and was an instructor at the University of Toronto and regularly delivers webinars and workshops to positive psychology practitioners around the world.

