



SINGAPORE WOMEN IN SCIENCE
PRESENTS

DR LAKSHMI RAMACHANDRAN
PROGRAM MANAGER, DUKE-NUS;
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& TEAM COACH

ANUPAMA MURALI
ICF CERTIFIED COACH &
PROFESSIONAL SPEAKER

IMPOSTER SYNDROME

HOW TO MOVE FROM "AM I VALUED?" TO "I AM VALUABLE!"

Imposter Syndrome is a condition of being in self-doubt and feeling inadequate, attributing their success to sheer luck, something more than 70% of achievers are estimated to suffer from at some point in their career.

The objective of this talk is to raise awareness about why one may experience Imposter Syndrome through the exploration of 4 key factors that contribute to this condition. Secondly, the talk delves into the diverse nature of Imposter Syndrome as one size doesn't fit all. Thirdly, participants will be taken through exercises and given a 3 pronged approach to manage Imposter Syndrome. The purpose of this talk is to raise self-awareness and increase self-worth, enabling individuals to move forward from Self-Doubt to Enoughness, a state of being sufficient and adequate.

The intent of this talk is to enable the participants to **Embrace the Leader within through Enoughness**

Anupama Murali is an ICF Associate Certified Coach. She brings a rich experience of over 15 years in the corporate world, coupled with an equal number of years in voluntary work. She partners with her clients to Elevate their Impact by helping them to develop the 'Achieve with Equilibrium' mindset. Her clients see her coaching style as gentle and deeply transformative.

Anupama is a Keynote speaker (Keynote Women Speaker's Directory member) who enjoys speaking about topics related to Self-Awareness and Self-Empowerment. She is also a Mind Management and Breath-based Meditation teacher for adults and youth who has taught over 100 programs in Singapore. Anupama is a passionate musician who performs in Singapore, and a mother of an assertive 10 yr old.

Dr. Lakshmi Ramachandran, PhD, works at Duke-NUS Medical School as a Research Programme Manager. Here, she also manages the SingHealth Duke-NUS Women in Science Career Advancement Programme (WinS-CAP). She is a strong advocate for women in science and girl's education in STEM, and has co-led the first Gender Summit in Singapore in August 2019.

Dr. Lakshmi has a deep passion to support the professional growth of her peers in science, stemming from her own career pivots and trajectory as a researcher, communicator and administrator in the last two decades. To this end, she has also pursued training in coaching (ICF & Belbin) and public speaking (Keynote Women Speaker's Directory member). Her vision is to make coaching accessible to the scientific community, the way it is for business executives. She speaks and coaches on living a 'Productive Life' which is about living a fulfilled life over and above 'getting things done'.

ZOOM SESSION
5:30 PM- 6:45 PM

APRIL • 28 • 2021

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