



May 4, 2023

Last week I traveled to Washington, D.C. to lead a workshop for a group of rising leaders with titles ranging from Director to Vice President to Chief Operating Officer. An impressive group to say the least!



Washington Marriott Georgetown

For this leadership workshop, the modules I taught ranged from leadership identity to extemporaneous speaking to leadership presence.

Specifically, one of the modules I led was on the inner critic, the role it plays in our decision making, and how to turn a limiting belief into an empowering one so that we can lead as our best selves.

And wouldn't you know... As I headed down to Washington the night before the event, my mind started racing. I've led workshops before. I knew the material like the back of my hand. I barely needed notes when I rehearsed the presentation (extemporaneous speaking, here I come!). And yet, all I could think was:

“What if this is a total disaster?” 😞

That's right. I was getting ready to not only teach a 3+ hour workshop on leadership, but specifically, I was going to talk to these women and men about how to overcome their inner critic, and there was mine, front and center, showing up at the WORST POSSIBLE TIME. 🙄

Irony at its best!

Fortunately, I have an incredible support group of friends, family, and fellow coaches who reassured me that I was going to do great. Why? Because the themes I was going to teach are areas in which I excel.

Those reminders, along with the tools I've learned as a coach, allowed me to take a breath and tell myself:

“I've got this. It may not go perfectly. And if it doesn't? I'll learn from it and pivot next time around.”

That was all I needed.

I showed up the next morning having gotten a good night's sleep, energized about the morning ahead, and confident that I would DO 🙌 MY 🙌 BEST 🙌.

Not only was the morning a success, but when it came time for the inner critic module, I learned that the participants in the workshop had similar inner struggles. I was able to help them see - from experience - that our inner critic shows up at what feels like the worst possible times in order to protect us from something, usually from taking a risk or going outside our comfort zones.

We worked together to identify all the times our mental gremlin has been wrong about us, separating false narratives from the truth. And we reframed our mindsets in order to move forward and take action.

If you're struggling with your inner critic/imposter/gremlin/you name it, reply to this email and let me know - I'd love to see if I can help. And remember, as I learned in this workshop, you are not the only person who feels this way. We all experience it, and finding the tools to help get through it could be one step to take your leadership to the next level.

With gratitude, Tracy

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If you know someone who could benefit from reading the above, please feel free to forward along! 

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I offer 1:1 coaching, group coaching, and team facilitation, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

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