



Kanada E Gorla: Seeing Through the Imposter



Kanada E Gorla has 25+ experience in leadership/culture, developing purpose-led leaders and changemakers, facilitating transformative change, building individual and collective resilience and cultivating connection with self, others and nature. Her background as a community arts animateur and opera/theatre director informs her work. Investigate the cultural phenomenon of Imposter Syndrome and learn how to begin to see through, beyond and beneath its attempts to limit us.

TOP EMBODIMENT TIP: Ground yourself in nature and never forget your Selkie skin

Underneath the Imposter Syndrome: Recognizing False Beliefs and Challenging Them Will Affect our Reality

- We carry false beliefs of “I am not worthy and enough” that underlie the experience of the Imposter Syndrome.
- As a child, we draw conclusions such as “*I am not loveable*” which lead to false beliefs and those beliefs create our reality.
- Moving out of Imposter Syndrome is more about undoing and unraveling false beliefs rather than taking on new beliefs.

Discovering Essential Truths: Stepping Into Our Truth is an Act of Leadership

- Consider essential truths such as, “*I am more than I will ever know*” and how that influences your life.
- In essence the Imposter does not really exist.
- It is up to us to reprogram the subconscious mind and upgrade our beliefs to reflect who we really are.
- Ask yourself, “*Is that really true?*” when old beliefs arise.

Embodied Practices to Investigate Imposter Syndrome:

- Join Kanada through several experiential practices such as creating statements that articulate your enoughness, naming essential powerful truths such as “*I am more than I will ever know*”.
- Allow your body to express times where Imposter Syndrome has shown up in your life.

Resources

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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

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