



Pamela Crane: Overcoming Fears and Imposter Syndrome



Pamela Crane is a certified yoga therapist who helps high achievers reach their maximum potential through interoception, self-study, functional movement, and more. She loves coaching entrepreneurs who suffer from imposter syndrome or lack confidence. She also loves teaching evidence-based scientifically supported research to aspiring yoga teachers. Pamela has presented nationally and internationally. Explore your inner strengths and open to alternative ways of looking at what is holding you back and why.

TOP EMBODIMENT TIP: Delve Deep into the Physical, Mental, and Emotional Bodies to Bring Out Your Personal Best.

Definition: Interoception

- Interoception is multidimensional including not only the tendency to be aware of sensation, but also how sensations are interpreted, regulated, and used to inform behaviour, with different dimensions relating to different aspects of health.

Discussion: Imposter Syndrome

- Explore where Imposter Syndrome may come from.
- Often triggered in early life through family placement, stories you told yourself, how you were treated, dismissed, or ignored.
- Discover more about perfectionism and whether that keeps you from taking action, not putting 'it' out there for criticism.

Practice: Deep Dive Activity

- Join Pamela as she guides you on an experiential exercise.

Questions and Answers: Fear, Perfectionism, Anxiety

- Pamela invites participants to ask questions and leads discussion on strategies to overcome common problems like fear, perfectionism, and anxiety.

Resources

- ❖ **Courses:** [Intero-train](#)
- ❖ **Website:** [Interoceptive Performance](#)
- ❖ **Social:** [Facebook: Interoceptive Performance](#); [Instagram: Interoceptive Performance](#).



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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