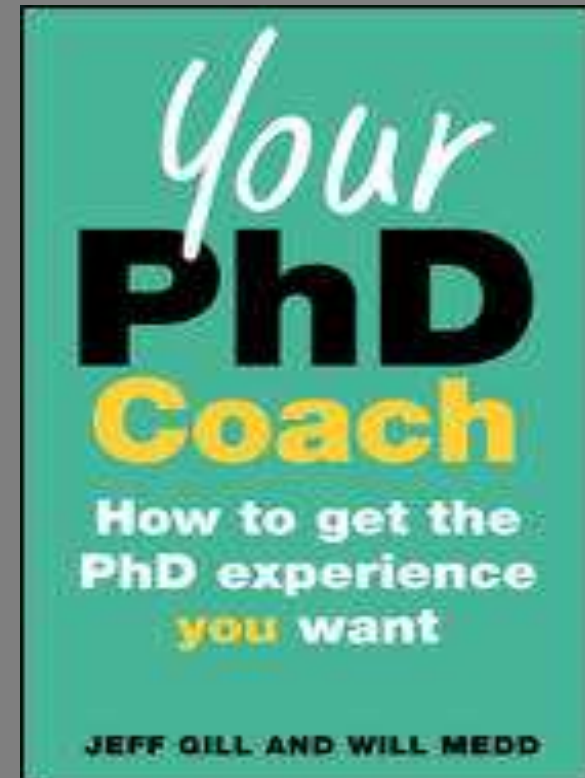




Completing your PhD ...

What's your experience now?

How would you like it to be?



Performance = Potential – Interferences

Real

Made-up

A diagram illustrating the concept of performance. The central text is 'Performance = Potential – Interferences'. Two blue arrows point from the word 'Interferences' to the words 'Real' and 'Made-up' on the right side of the slide.

Where's your focus?
What gives you energy?

What's important?

For other
people?

For
yourself?



*What would it enable if you moved more
towards one or the other?*

What gives you energy?

What perspective are you taking?

**'As if' you
were
confident**

*What would more confidence enable?
What do you gain by holding back?*

The perspective of self-doubt?

- Watch for : ought, should, shouldn't, must, must not, can't, but, don't.
- Tendency to generalize, raising the stakes.
- Confront by either/or, that it is all or nothing.
- A feeling. Notice the chatterbox voice.

Gremlin Spotting

Awareness is a good start. Try naming your Gremlin.

My Gremlin is called He or she is very fond of saying The consequence is that I

My Gremlin is called 'They'll find out Freddy'.

He is very fond of saying 'you are an imposter, they will find out soon'

The consequence is I feel anxious and so I find it hard to commit to what I want to argue.

What perspective are you taking?

**'As if' you
were
confident**

*What would more confidence enable?
What do you gain by holding back?*



What is possible?

What will probably happen, knowing yourself?

What's possible?

What would be a pipedream?

What aspiration will give you energy?



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