

Age at Work

Case Study



MID-CAREER REVIEW | CAREER, HEALTH & WELLBEING

Anna attended our Career, Health and Wellbeing webinar in September 2023.

About Anna

Anna was struggling with her work and going through imposter syndrome, a condition that causes self-doubt that persists despite your education, experience, and accomplishments. She was lacking confidence and was looking for some ideas to support herself.

What Anna did

She joined the Mid-Career Review webinar on Career, Health and Wellbeing to get some pointers and to remind herself that she was capable.

She found the webinar both interesting and useful. Although she is competent with line management and good at and supporting others, she often neglects taking time to support herself in the same way.

The webinar was a useful reminder for some things she was already aware of, but she also learned new information as well.

She felt that having key prompts and reminders to look after herself, and to take small steps and build on them, really helped her personally.

She applied for a job within her organisation and wasn't successful. This caused a lot of self-doubt regarding her skills. However, her employer created a new role for her. Having prompts from the webinar helped stop self-doubts about her skills and capability and increase her self-belief.

“I NOW FEEL MORE CONFIDENT TO ASK FOR MORE INFORMATION AND EXPLANATION WHEN I NEED IT; I’VE LEARNED THAT I HAVE MORE RESILIENCE THAN I THOUGHT TOO. I WOULD RECOMMEND THE MID-CAREER REVIEW WEBINARS, AS I HAVE TAKEN A LOT FROM THEM.”

Anna, Mid-Career Review Participant