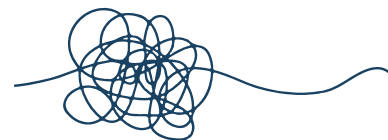


Lie to Me: The Destructive Nature of Self Comparison

Suggested Format: Full or Partial-Day; Lecture; Keynote

Life is a complex journey filled with ups and downs, triumphs and challenges. **Amidst the distractions of materialism and the constant comparison to others, we often find ourselves tearing apart our own self-worth.** In this course, we will delve into the destructive nature of self-comparison and explore the impact it has on our well-being. We will challenge the lies we tell ourselves, such as feeling inferior, weak, inadequate or **feeling like an impostor.** Together, we will embark on a journey towards a healthier self-actualization, using scientific studies and real-world experiences to guide us. The course will cover various essential topics, including **understanding self-deception and identifying its possible causes, the negative impact of comparison and storytelling on self-image, and the importance of passion, perception, and mindset in fostering authenticity.** By the end of the course, the audience leaves encouraged and empowered to live passionately and unapologetically, embracing their true selves.



untangle me
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Learning Outcomes

- Understand and identify possible causes of self-deception
- Recognize the negative impact of comparison and storytelling on self-image
- Appreciate the significance of passion, perception, and mindset in cultivating authenticity
- Feel encouraged and empowered to embark on a journey of living passionately and unapologetically
- Disassemble the lies we tell ourselves and choose truth
- Embrace a lighter and more joyful life by choosing what to believe

Course Format:

This course is offered in-person and can be modified for a virtual presentation.