

Promoting Your Gremlin



90-MINUTE LIVE INTERACTIVE WORKSHOP

For leaders ready to reframe self-doubt and lead with courage

Feeling that inner critic creeping in when you stretch or play BIG? You're not alone. Whether it shows up as imposter syndrome, perfectionism, or "I'm not good enough to...", your Gremlin was built to protect you. But now?

It's time to promote her...

This workshop flips the script — transforming your Gremlin from saboteur to strategic ally.

In this session, you'll:

- Understand, recognize & embrace your Gremlin (yes, even the snarky one)
- Create a new vision & role for her in your leadership journey
- Conduct a playful promotion ceremony to shift the narrative and relationship
- Define sustainment rituals to keep her empowered during stress

Who's this for?

Innovative leaders and their teams that are looking for a different — and fun — approach to managing the inner critic. This is like nothing you've done before.

Best experienced in person...

Duration: 90 minutes

Format: Experiential, reflective, and deeply actionable

Facilitator: Heather Tibbles-Vassilev, PCC, Executive & Transitions Coach, known for blending emotional agility, evidence-based tools, and a whole lot of curiosity.

**Ready to promote your Gremlin?
Let's bring this to your team
or leadership group!**

RESERVE YOUR SPOT:

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