

23. January 2026

Equality

Series "Woman & Profession": Dealing with the Imposter Phenomenon

Speaker Claudia Hoffmann gives impulses from psychology and practice // Date on Thursday, 5 February 2026, in the Europahaus

As part of the "Women & Work" series, the Equal Opportunities Officer of the City of Bocholt invites you to a lecture on the so-called Imposter Phenomenon. On Thursday, 5 February 2026, coach Claudia Hoffmann will speak at the Europahaus about ways to increase self-esteem. Interested women can register for the event now.

Many women are familiar with the feeling of doubting their own abilities despite professional success, responsibility in voluntary work or leadership roles. This inner impression of not actually meeting the requirements or being less competent than is perceived from the outside is known as the Imposter Phenomenon. An interactive lecture at Europahaus Bocholt is dedicated to this topic and shows how women can counter these thoughts with clarity and self-compassion.

The event is entitled "I can do this. Really" and aims to better understand the mechanisms of self-doubt. Speaker Claudia Hoffmann, who works as a counsellor and coach, will present impulses from psychology and practical tools on this evening. The aim is to provide participants with strategies to strengthen their own self-esteem and to organise their professional and private lives with more ease. In addition to the professional input, there will also be space for reflection and dialogue.

Bocholt's Equal Opportunities Officer Astrid Schupp invites all interested women to this evening. The event starts at 19:00 in the France room of the Europahaus at Adenauerallee 59. The event is part of the established "Women & Work" series organised by the municipal equal opportunities officers in the Borken district. Participation is only possible after prior registration. Registrations are accepted online via the Borken district website under the heading "Equal Opportunities Events": <https://www.kreis-borken.de/de/veranstaltungen-gleichstellung/index.php>



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