Elizabeth Dampf

Author | Speaker | Leader



> “Courage matters more than confidence.”

From Doubting to Daring

Find your courage even when you feel like an impostor

Self-doubt may be the dirtiest secret in the professional world. Leaders, creators, and experts in their fields all experience self-doubt, but they’re hesitant to talk about it for fear of appearing weak. Many people try to “cure” impostor syndrome with fluffy affirmations and false confidence, but actually, courage is the best way to confront our doubts.

Courage is an action. When we take action to build the right mindset and pursue the right objectives, we make ourselves into bolder, braver people than we ever thought possible. Combining research, storytelling, and practical strategies, Elizabeth explains the ACTION framework: **a**ccept the uncontrollable, **c**ommit to yourself, **t**ry something new, **i**nitiate resistance, **o**wn your feelings, and **n**ormalize the gray. After hearing this keynote, audiences will have a plan to build courage in their own lives because they will see it as a series of manageable, worthwhile steps, rather than an innate quality.

What people are saying:

- "Elizabeth’s talk on overcoming self-doubt was inspiring, honest, and deeply relevant to the journey of current and aspiring women leaders. Her message encouraged reflection and confidence in leading with purpose. It reminded us of the importance of leading with courage." -Yvonne Borkowski, Ed. D., New York State Association for Women in Administration

- "Her thoughtful and authentic message encouraged reflection and a deeper consideration of leadership and personal experience." - Tina M. Kaine, Ed. D., Pennsylvania Association of School Administrators Women’s Caucus

Audiences will:

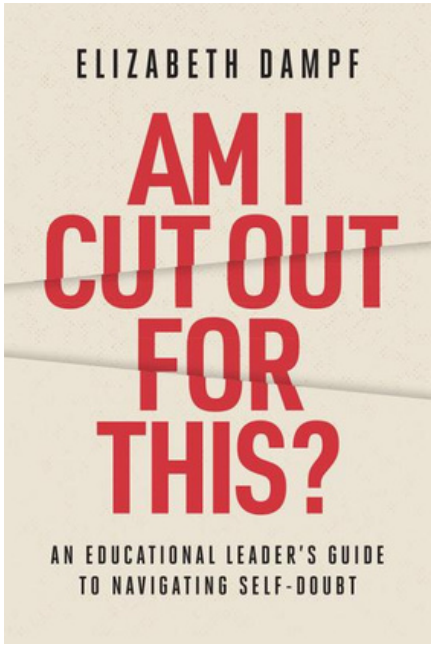
- Break through the shame associated with self-doubt
- Challenge the assumptions and narratives fueling their self-doubt
- See courage as the key to confronting doubt
- Build a courage action plan using the 6-step framework
- Develop a courageous mindset



Meet Elizabeth

Elizabeth is a veteran leader, author, and speaker dedicated to helping individuals and teams act boldly. Her award-winning writing has connected with readers across the country, and she frequently contributes to national conversations around leadership through podcast appearances, blogs, and panels. She has researched and written on the topic of self-doubt extensively, most recently through her book, Am I Cut Out For This: An Educational Leader's Guide to Navigating Self-Doubt.

As a speaker, she brings an authentic, approachable presence to any event, engaging the audience through honesty, humor, and practical ideas. She tailors each message to the needs of the event while maintaining the core value of courage. Audiences leave feeling envigorated and ready to build courage in their own lives.



www.elizabethdampf.com
@elizabethdampf
Elizabeth Dampf
708-253-2992
info@elizabethdampf.com