

CORPORATE SERVICES

## Your best people are struggling in silence.

They look like they've got it all together. Capable, accomplished, high-performing. From the outside, everything looks fine. On the inside, something is getting in the way, and they'll never say it out loud.

Chronic self-doubt. Performing confidence they don't feel. Exhausted from keeping all the plates spinning. Waking at 3am. Not performing at their best, and carrying the weight of that alone.

This is not a motivation problem. This is not a performance management issue. This is a deep internal pattern, and patterns can be changed.

| *When your people are right on the inside, it shows on the outside*

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WHO THIS IS FOR

### The people carrying more than they're letting on

Readyssetgo Success & Wellbeing works with organisations who want to provide meaningful, premium support for the people who matter most to their performance i.e. their senior leaders, directors, managers, and high-calibre staff.

#### The signs are often already visible, if you know what to look for:

- A high performer who has become withdrawn or irritable
- A leader who is second-guessing every decision
- Someone who was once confident but is no longer putting themselves forward
- A team member who is over-working but under-delivering
- A director who needs constant reassurance but shouldn't
- Someone who is clearly struggling, but would never ask for help

These are not character flaws. These are patterns, and every pattern has a root, which is exactly what this work goes looking for.

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IMPORTANT

### This is not counselling or an EAP!

Readyssetgo Success & Wellbeing offers something entirely different: a structured, evidence-based, bespoke psychological framework delivered by a qualified therapeutic coach and integrative counsellor with over a decade of experience.

Premium. Confidential. Results-focused and built around the individual - not a generic programme.

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## PROGRAMME ONE

### The Inside Job

*A Three-Phase Psychological Programme for High Achievers, Leaders and Future Leader*

The Inside Job is a premium, bespoke, one-to-one programme for the senior professionals, leaders, and high achievers within your organisation who know something is getting in the way but can't quite name what it is.

This is deep work. It goes right to the core of the patterns driving self-doubt, avoidance, and underperformance, and it builds something lasting in their place. Not surface-level strategies. Not another workshop. Real, sustained, evidence-based change.

Format	6 x 90-minute 1:1 sessions — online, private, bespoke
Duration	3 months — one session every two weeks
Structure	Phase One: The Excavation — Sessions 1 & 2 Phase Two: The Unravelling — Sessions 3 & 4 Phase Three: The Elevation — Sessions 5 & 6
Investment	£1,997 per person
Ongoing support	Continued 1:1 sessions available at £197 per session
Approach	Psychology-rooted, trauma-informed, somatically aware, emotionally intelligent

#### **This programme is for your people who are:**

- Brilliant at what they do, but quietly convinced they're about to be found out
- Second-guessing decisions they should be making with confidence
- Performing a version of themselves at work that is costing them enormously
- Exhausted, stressed, not sleeping, not showing up as themselves
- Ready to do the real work in complete confidence

*“This isn't about fixing what's broken. It's about understanding what was built, and choosing what gets built next.”*

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## PROGRAMME TWO

### Imposter Syndrome Unmasked

*A Four-Week Group Programme for Teams*

Imposter Syndrome: Unmasked is a structured, evidence-based group programme that takes participants from understanding their self-doubt to actively dismantling it week by week, in a safe and confidential group setting.

Run with your staff teams, this programme creates a shared language around confidence, self-doubt, and performance, and gives people the practical tools to show up differently.

Format	4 x 75-minute group sessions — live, online
Group size	Maximum 6 participants per cohort

Closing session	45-minute 1:1 with Martine for each participant
Between sessions	Private WhatsApp group with weekly prompts
Investment	£597
Ongoing support	Continued 1:1 sessions available at £197 per session

### What your people will gain:

- A clear understanding of what Imposter Syndrome is and how it is affecting them specifically
- Practical, evidence-based tools to interrupt self-doubt in real time
- The experience of being understood and not being alone in this
- A personal strategy for managing and overcoming Imposter Syndrome going forward
- A closing 1:1 session to consolidate learning and plan next steps

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## PROGRAMME THREE

### The EI Suite

*Developing emotionally intelligent people, teams and leaders*

Emotional intelligence is not a soft skill. It is the single most reliable predictor of performance, leadership quality, and organisational resilience. These workshops bring EI to life across your teams, practical, evidence-based, and built around your specific context.

Every workshop is tailored to your people and your goals. No generic content. No death by PowerPoint. Real, practical learning that sticks.

#### Workshop Topics

- Imposter Syndrome — Overcoming self-doubt in high achievers
- Confidence vs Self-Esteem — the difference, and how to build both
- Self-Awareness — the foundation of every high-performing team
- Resilience and Wellbeing — building the internal foundations that last
- Stress Awareness — recognising, managing, and preventing burnout
- Motivation and Positivity — the science of what actually drives performance

#### Workshop Investment

Format	Single Session	Bundle of 3	Bundle of 6
Online (1 hour)	£197	£497	£997
In-Person (1 hour)	£297	£777	£1,497
In-Person (2 hours)	£547	£1,497	£2,897

*Bespoke packages available on request.*

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## ADDITIONAL OFFER

### Therapeutic Counselling

For organisations who want to provide access to confidential therapeutic support for individual members of staff, integrative counselling is available as a standalone offer.

- Minimum 6 sessions per individual

- Investment: £597 per person
- Completely confidential (the organisation is not involved in the content of sessions)

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## OUTCOMES

### Outcomes for your organisation

When your people change on the inside, your organisation feels it on the outside. This work creates measurable, meaningful shifts that directly impact performance, culture, and retention.

#### What organisations typically see:

- **Stronger leadership decision-making** — less second-guessing, more clarity, more confidence
- **Improved performance** — high achievers operating at their true capability, not their fear
- **Reduced burnout and absenteeism** — staff who understand and manage their internal patterns stay well for longer
- **Higher retention of top talent** — people who feel supported don't quietly look elsewhere
- **Healthier team dynamics** — less conflict, more emotional intelligence, more psychological safety
- **Greater organisational resilience** — leaders and teams who can regulate themselves can navigate pressure without breaking
- **Increased confidence, visibility and leadership presence across key talent group**

This is not a tick-box wellbeing initiative. This is deep, evidence-based internal change that strengthens the whole organisation.

### Why this matters now

Your highest performers are the ones you can least afford to lose, and they are the ones most likely to be struggling silently.

Right now, organisations across every sector are facing:

- Rising burnout and stress-related absence
- Leaders overwhelmed by constant change and pressure
- High achievers masking self-doubt behind overworking
- Teams struggling with emotional regulation, conflict, and resilience
- A growing expectation for workplaces to provide meaningful psychological support

Traditional wellbeing offers and EAPs are not reaching the people who need it most. They don't go deep enough, they're not tailored enough, and they don't address the internal patterns driving underperformance.

Your people don't need another workshop. They need **specialist, confidential, psychologically informed support** that actually changes something.

This is the moment organisations either invest in their people — or pay the price for not doing so.

When organisations invest in the internal wellbeing of their people, everything changes — performance, culture, and long-term resilience.

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## ABOUT

### **Martine Gibson**

*Imposter Syndrome & Emotional Intelligence Specialist  
Founder, Readyssetgo Success & Wellbeing*

Martine Gibson is the founder of Readyssetgo Success & Wellbeing and has been working with high-achieving individuals and organisations for over a decade. Her work sits at the intersection of therapeutic coaching, integrative counselling, and emotional intelligence — and it is rooted in a genuine understanding of what it feels like to be brilliant at something and still not believe it.

She brings together:

- Therapeutic Counsellor
- Therapeutic Coach
- L3 NLP Certified
- L3 PTSD Counselling
- Emotional Intelligence Specialist
- Imposter Syndrome Specialist
- Experience delivering workshops, webinars, and 1:1 programmes across a wide range of organisations and individuals

This is not generic wellbeing support. This is premium, bespoke, evidence-based work delivered by someone who has studied it, lived it, and helped hundreds of people through it.

*“I called it Readyssetgo for a reason. When you're ready, I get you set, and then off you go.”*

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## NEXT STEPS

### **Let's talk about your people**

Whether you're looking for support for an individual, a team, or your entire organisation, the first step is a conversation. No pressure. No hard sell. Just an honest discussion about what your people need and what would fit best.

**Get in touch:**

**Martine Gibson**

Empowering People, Changing Lives ✨

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