

FOR INDIVIDUALS

## To everyone, you look like you've got it all together, but deep down you know something isn't right.

You're capable. You're accomplished. You've built something, a career, a business, a reputation, and yet, there's a version of you that nobody else sees. The one that's exhausted. The one that's waking up at 3am. The one that's secretly doubting themselves and quietly convinced that sooner or later, someone is going to figure out that you're not quite as together as you look.

You're not failing. You're not weak, and this is not something you just push through.

This is a pattern. And patterns can be changed.

Through therapeutic coaching, counselling and emotional intelligence development, I help people understand the patterns that are holding them back and create lasting change.

*Nobody needs to know you're here. This space is yours, completely private, completely confidential, and completely focused on you.*

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DOES THIS SOUND FAMILIAR?

### You're not the only one who feels this way

High achievers, the most capable, driven, accomplished people are often the ones carrying the heaviest weight in silence. If any of this sounds familiar, you're in the right place:

- Chronic self-doubt, despite every achievement, every qualification, every result
- Performing confidence you don't actually feel
- Sabotaging yourself at exactly the moment things are about to get good
- Not going for the opportunity, because what if you get it and can't deliver?
- Attributing your success to luck, timing, or other people, never to yourself
- Exhausted from spinning all the plates and keeping them spinning
- Not sleeping, not eating properly, struggling to concentrate
- Irritable, withdrawn, not quite yourself
- The constant, quiet fear of being found out

This is not a character flaw. This is not who you are. This is what you learned, and what you learned, you can unlearn.

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## ABOUT

### **Martine Gibson**

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

I'm Martine Gibson, founder of Readyssetgo Success & Wellbeing. I've been working with high-achieving individuals for over a decade, and everything I do is rooted in a genuine understanding of what it feels like to be brilliant at something and still not believe it.

My work sits at the intersection of therapeutic coaching, integrative counselling, and emotional intelligence. I bring together over a decade of experience, rigorous training, and a deeply personal understanding of the patterns that hold capable people back.

- Therapeutic Coach
- Integrative Counsellor
- Level 3 NLP Certified
- Level 3 PTSD Counselling
- Emotional Intelligence Specialist
- Imposter Syndrome Specialist
- Experience delivering workshops, webinars and transformational programmes across a wide range of organisations, teams and individuals

I'll hold you, guide you and support you every step of the way. This is a collaborative process built on trust, honesty and a shared commitment to creating meaningful change.

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

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## PROGRAMME ONE

### **The Inside Job**

*A Three-Phase, One-to-One Programme for High Achievers*

The Inside Job is for the person who knows something is getting in the way, is ready to find out what it really is and to move forward.

This is not a course or a coaching programme that hands you a framework and sends you on your way. This is deep, bespoke, one-to-one work that goes right to the core of the patterns driving your self-doubt, your avoidance, your exhaustion and builds something entirely different in their place.

Three phases. Six sessions. Three months. One person at the centre of every minute of it: you.

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 for the full three-month programme
Ongoing support	Continued 1:1 sessions available at £197 per session
Approach	Psychology-rooted, trauma-informed, somatically aware, emotionally intelligent, wholly human

### This is for you if:

- You're a high achiever, business owner, entrepreneur, or senior professional
- You know something is getting in the way and you're done pretending otherwise
- You've tried other things and they haven't reached the root of it
- You want deep, private, bespoke support, not a group, not a course
- You're ready to do the real inside work

*“This is not about fixing what’s broken. It’s about understanding what was built — and choosing, for the first time, what gets built next.”*

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## PROGRAMME TWO

### Imposter Syndrome Unmasked

#### *A Four-Week Group Programme*

You know that feeling, the one that whispers ‘who do you think you are?’ at exactly the wrong moment. The one that has you over-preparing, shrinking, or saying yes when you mean no.

Imposter Syndrome: Unmasked names it, faces it, and gives you the tools to silence it in a small, safe, confidential group of individuals who understand exactly what you’re talking about.

This is not therapy. This is a structured, evidence-based programme that takes you from understanding your Imposter Syndrome to actively dismantling it, week by week, in real time.

Format	4 x 75-minute group sessions — live, online
Group size	Maximum 6 participants
Closing session	45-minute 1:1 with Martine — The Unmasking Call
Between sessions	Private WhatsApp group with weekly prompts
Investment	£597
Ongoing support	Continued 1:1 sessions available at £197 per session

### This is for you if:

- You're ready to finally name what's been holding you back
- You want proven tools without the 1:1 investment right now
- You want to know you're not alone in this
- You're done letting self-doubt make your decisions for you

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## NOT SURE WHICH IS RIGHT FOR YOU?

### The Inside Job vs Imposter Syndrome Unmasked

Both programmes work on the same root. The difference is depth, format, and investment.

	The Inside Job	Imposter Syndrome: Unmasked
Format	1:1, private	Small group (max 6)
Depth	Right to the core	Beneath the surface
Duration	3 months	4 weeks
Investment	£1,997	£597
Includes	WhatsApp Support	WhatsApp Group and end of Programme 45 minute 1:1

Not sure? Get in touch and we'll have an honest conversation about what's right for you.

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## OUTCOMES

### Outcomes for individuals

This work changes how you feel, how you think, and how you show up — not temporarily, but at the root.

#### What clients typically experience:

- **A quieter mind** — less overthinking, less spiralling, less 3am wake-ups
- **Stronger self-belief** — confidence that feels real, not performed
- **Clearer boundaries** — saying no without guilt, saying yes without fear
- **Reduced self-sabotage** — no more shrinking, hiding, or holding back
- **Better emotional regulation** — calmer responses, fewer internal battles
- **More energy and focus** — because you're no longer fighting yourself
- **A sense of being yourself again** — grounded, capable, and in control

This isn't about becoming someone new. It's about finally becoming the version of you that's been there all along.

### Why this matters now

High achievers are burning out at record levels — not because they're incapable, but because they're carrying too much alone.

Right now, more people than ever are experiencing:

- Chronic self-doubt despite outward success
- Exhaustion from performing confidence they don't feel
- Fear of being "found out"

- Overworking to compensate for internal pressure
- Anxiety, disrupted sleep, and emotional overwhelm
- The quiet belief that everyone else is coping better

And because you're the strong one, the capable one, the one who 'always figures it out' - nobody sees it.

You don't have to keep pushing through. You don't have to keep pretending you're fine. And you don't have to do this alone.

The sooner you address the internal patterns driving your self-doubt, the sooner everything else in your life becomes lighter and easier.

Change begins the moment you decide you're done carrying this alone

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READY TO TAKE THE FIRST STEP?

## Let's talk

Whether you know exactly what you need or you're not quite sure where to start, please reach out. There's no pressure, no hard sell. Just a conversation about where you are and where you want to be.

Everything is completely confidential. Nobody needs to know you're here except you.

### Get in touch:

#### Martine Gibson

Empowering People, Changing Lives ✨

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