

MINDSPACE

Nurturing Minds, Elevating Lives

IN THIS ISSUE

Struggling with self-doubt despite your success? Learn the signs, causes, and practical strategies to build confidence and break free from Imposter Syndrome.

Meet Our New Social Media Intern

Meet our new Social Media Intern! With expertise in PR, digital marketing, and content creation, Calvin will enhance our online presence with engaging content and strategic growth.

Masterclass Postponed

The virtual masterclass with Senior Psychologist Leepile Thebe, originally scheduled for 15 March 2025, has been postponed. A new date will be announced soon. Please stay tuned for updates!

Overcoming Imposter Syndrome

Struggling with self-doubt despite your achievements? Imposter Syndrome can make success feel like luck, keeping you from new opportunities.



Pictured: Leepile Thebe

Words From #YourPsychologist...

Dear valued patients and friends, as we step into the new year, we are reminded of the power of reflection and growth. This month, we are focusing on one of the biggest factors that hinder us from achieving our set goals. In this issue, we'll look into how we can deal with Imposter Syndrome, defining imposter syndrome, where it comes from and what to do to overcome Imposter Syndrome. We are grateful to have you on this journey of healing with us (Leepile Thebe, Founder & Senior Psychologist at Ebenezer Psychological Consultancy Inc).



Pictured: Keaobaka Calvin Motlhabane

What's New...

Meet Calvin Motlhabane - Our New Social Media Intern!

We're thrilled to have Calvin Motlhabane as our new Social Media Intern! With a strong background in PR, digital marketing, and content creation, he'll be elevating our online presence through engaging content and strategic digital growth. Calvin is passionate about storytelling and community engagement, ensuring our platforms stay informative and interactive.

Important Update: Masterclass Postponed

We regret to inform you that the virtual masterclass with Senior Psychologist Leepile Thebe, originally set for 15 March 2025, has been postponed. We are working on securing a new date and will provide an update soon.

Thank you for your understanding, and stay tuned for further details!

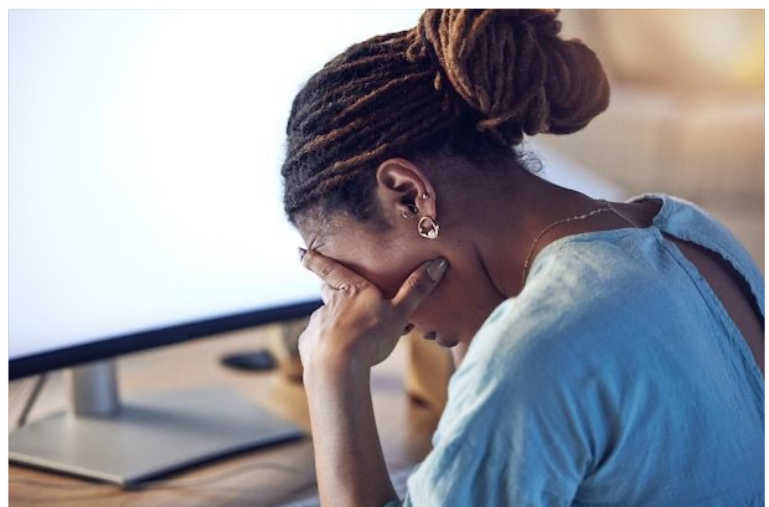
Featured Article: Overcoming Imposter Syndrome

Have you ever felt like your success was just luck? That any moment, someone might realise you don't actually belong? That's Imposter Syndrome, and it affects people at all levels. It makes you doubt your abilities despite clear evidence of your competence. Left unchecked, it can create stress, anxiety, and self-doubt, holding you back from embracing new opportunities.

One of the biggest challenges is the pressure it brings. You might set impossibly high standards, dismiss compliments, or constantly compare yourself to others. But success isn't accidental, rather it's a result of effort, learning, and growth. Recognising this can help break the cycle of doubt and build confidence in your achievements.

To overcome Imposter Syndrome, start tracking your accomplishments and remind yourself of the work behind them. Be kind to yourself, just as you would be to a friend. Surround yourself with people who encourage you, and if needed, seek support from a mentor or professional. You've earned your place, you need to believe in it.

Addressing Imposter Syndrome allows individuals to recognise their true abilities, embrace their successes, and pursue new challenges without the constant fear of being inadequate.



Photography: Freepik

Anonymous Client Success Story: Breaking Free from Toxic Cycles

When T* joined our sessions, she felt trapped in a toxic relationship, constantly doubting herself and feeling emotionally drained. Her confidence was shattered, and she struggled to set boundaries. She often second-guessed her feelings, manipulated into believing she was the problem. Through our guidance, she learned to recognise manipulation tactics, regain her self-worth, and establish healthy boundaries.

"For the first time in years, I feel in control of my life. I've learned that my feelings matter, and I deserve respect." With newfound clarity and strength, T* has rebuilt her confidence, cut ties with unhealthy relationships, and now surrounds herself with positivity and self-respect. Her journey is a testament to the power of healing, self-empowerment, and the right support system, proof that breaking free is possible.



Photography: Eimelia

Thank You For Being Part Of Us

At Ebenezer Psychological Consultancy, we appreciate your support. Remember, taking care of your mental health is a lifelong journey, and we're here to support you every step of the way. If you have any questions or would like to share your feedback on our newsletter,

Sign Up Today



@ebenezer_psychology_inc



Joburg Medical Centre, no 126 Rahima Moosa Street, Johannesburg (FNB Bank City)



Wellness On Alon, 49 East Road, Morningside Manor, Sandton



Akeso Psychiatric Clinic, 6 Junction Road, Partkown



+27 11 338 59 65 OR +27 78 021 2445



info@ebenezerpsychologicalconsultancy.co.za



ebenezerpsychologicalconsultancy.co.za