

# 2025 MBCC EDUCATIONAL POWER HOUR

Alani Bankhead, PCC, ELI-MP



COMMON STRUGGLES

INABILITY TO  
REST

BURNOUT

SELF-DOUBT /  
IMPOSTER SYND

DISILLUSIONMENT

LACK OF  
SATISFACTION

LACK OF TEAM  
UNITY

LACK OF  
APPRECIATION

LACK OF  
INFLUENCE

HOW TO HANDLE  
LOSSES/INJUSTICE

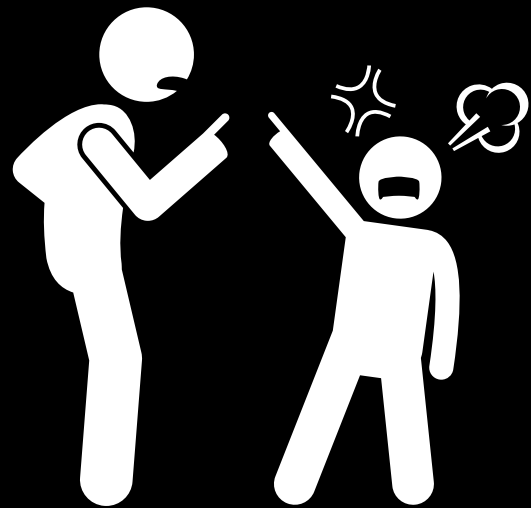
SYSTEM  
COMPLACENCY OR  
BROKENNESS

INTERACTING WITH  
SUSPECTS/VICTIMS

WHEN TO PUSH &  
WHEN TO STAND  
DOWN

# COGNITIVE TRIANGLE

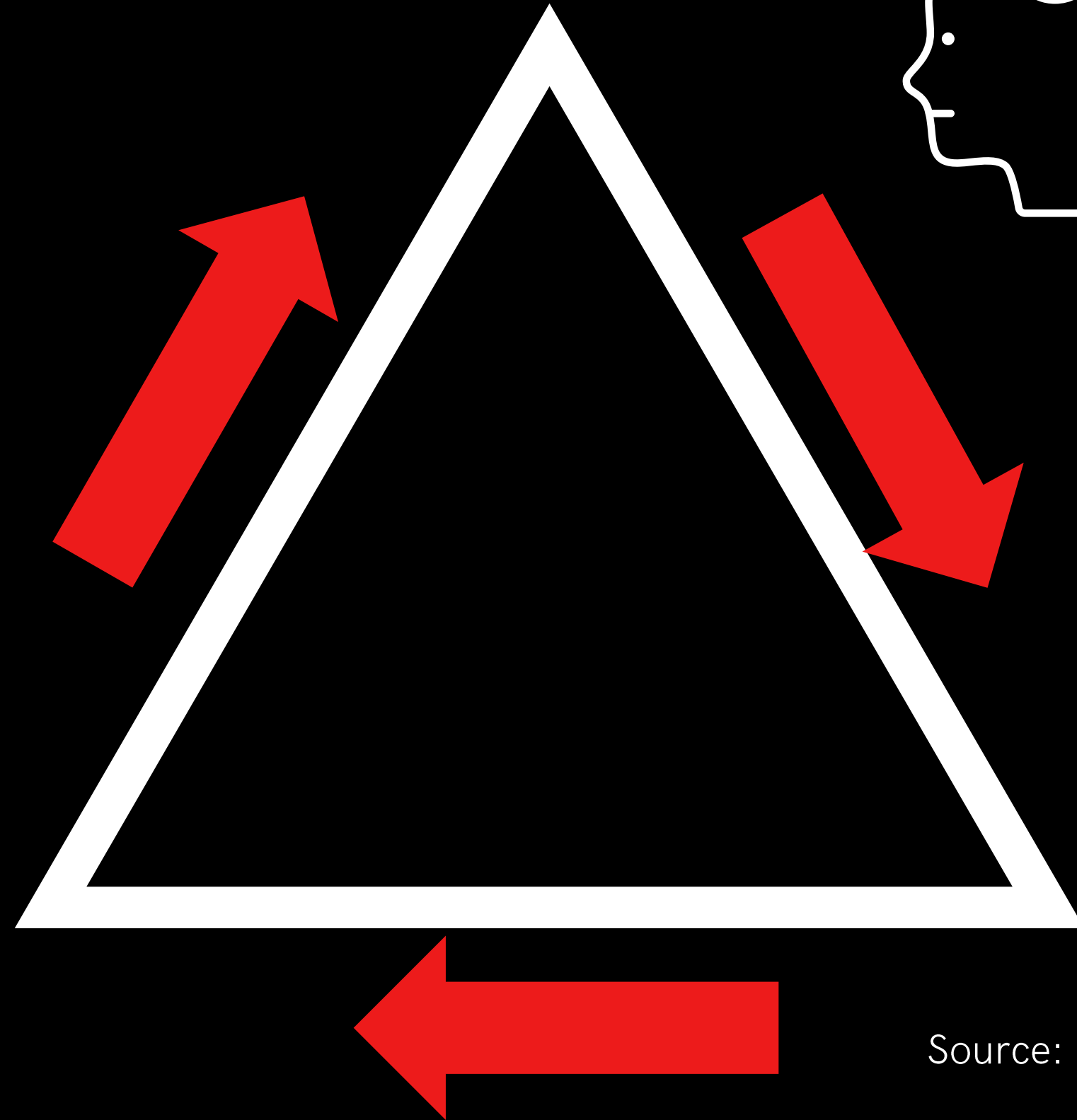
THOUGHTS



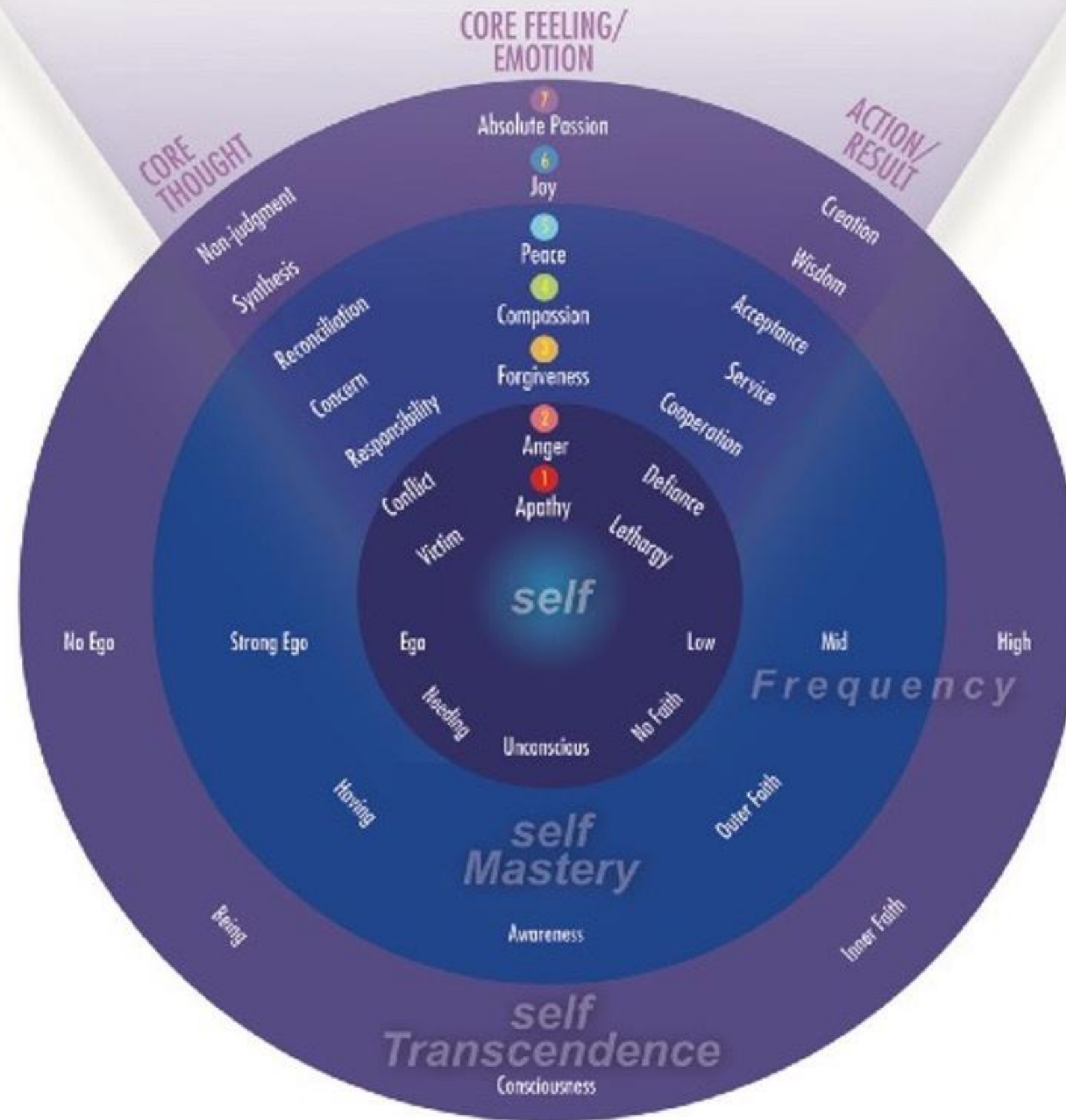
BEHAVIORS



EMOTIONS



# Energetic Self Perception



**Energy  
Leadership™**  
**INDEX**



# Energetic Self Perception



7

PASSION

"WINNING & LOSING ARE ILLUSIONS"

6

JOY

"WE ALWAYS WIN"

5

PEACE

"WE ALL WIN, OR WE DON'T PLAY"

4

COMPASSION

"YOU WIN. I LOSE"

3

FORGIVE

"I WIN, & HOPEFULLY YOU CAN WIN TOO"

2

ANGER

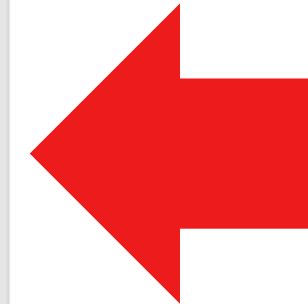
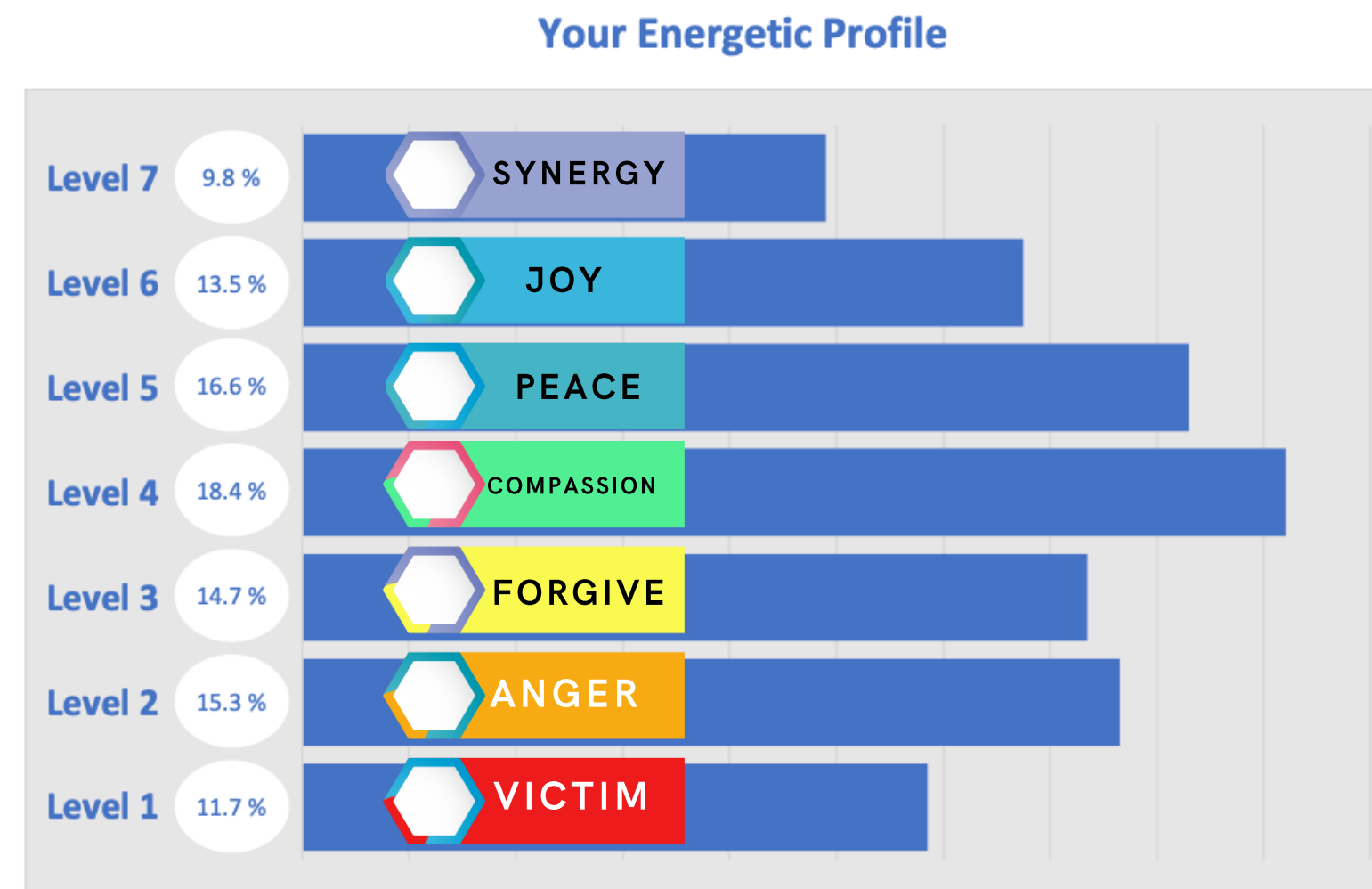
"I WIN. YOU LOSE"

1

APATHY

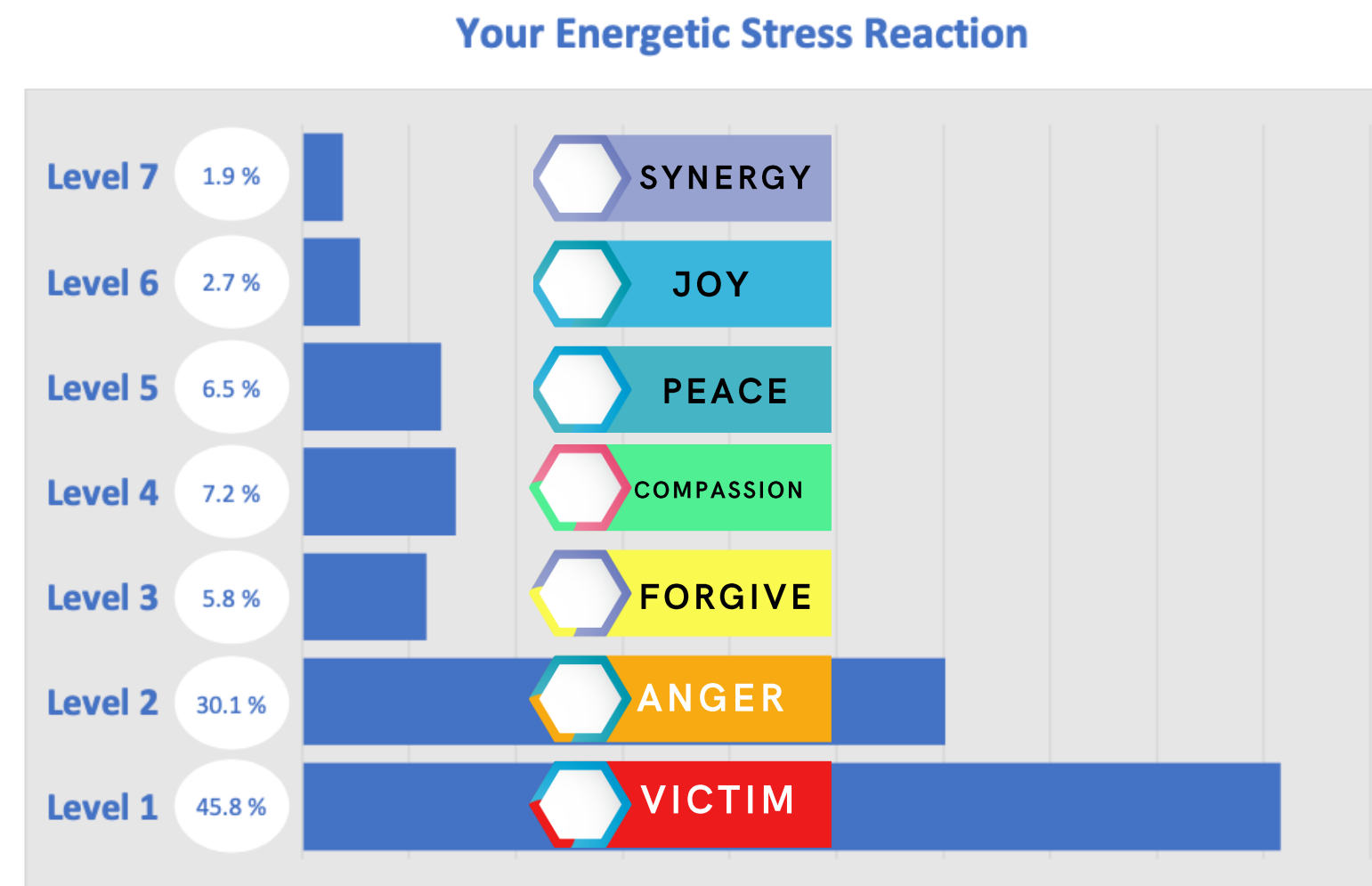
"I NEVER WIN"

NO STRESS



COMPASSION

UNDER STRESS



Your Average Resonating Level of Energy (ARL) is 3.04.

A psychological condition that is characterized by persistent doubt concerning one's abilities or accomplishments accompanied by the fear of being exposed as a fraud despite evidence of one's ongoing success.

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## IMPOSTER SYNDROME





**DR. PAULINE CLANCE**



**DR. SUSAN IMES**



# IMPOSTER SYNDROME BEHAVIORS

- Perfectionism
- Dismissing positive feedback / praise
- "Anyone can do what I did"
- Belief that colleagues and bosses overestimate your abilities
- Do not ask for raises
- Fail or struggle to negotiate salaries
- Over-preparing / over-working
- Failure is unacceptable
- Self-sabotage
- Burnout

THE SOLUTION

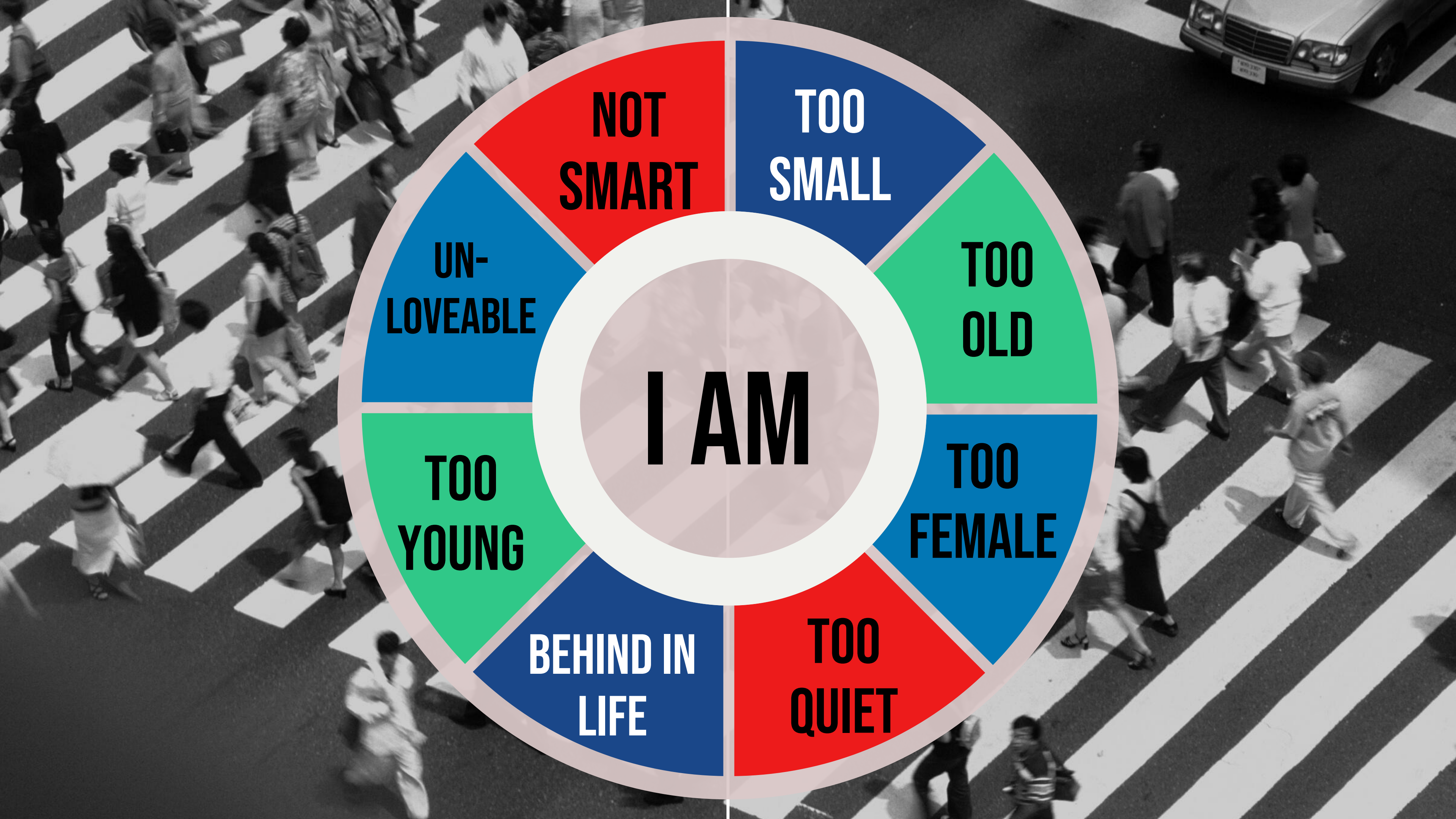
**YOUR WEAKNESS IS  
THE KEY TO  
UNLOCKING YOUR  
GREATEST POWER**

STEP 1

# IDENTIFY YOUR IMPOSTER SYNDROME'S MESSAGE







**NOT  
SMART**

**TOO  
SMALL**

**TOO  
OLD**

**TOO  
FEMALE**

**TOO  
QUIET**

**BEHIND IN  
LIFE**

**TOO  
YOUNG**

**UN-  
LOVEABLE**

**I AM**

STEP 2

# NAME YOUR IMPOSTER & ID ORIGIN STORY







THE MAYOR OF  
WHOVILLE



CINDY LOU WHO





**MARLENA GRU**



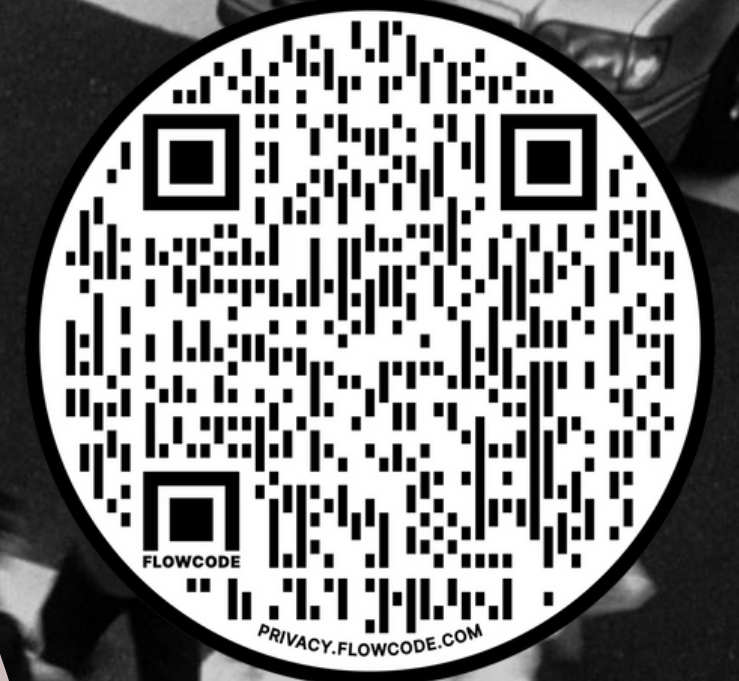
**KARDASHIANS**



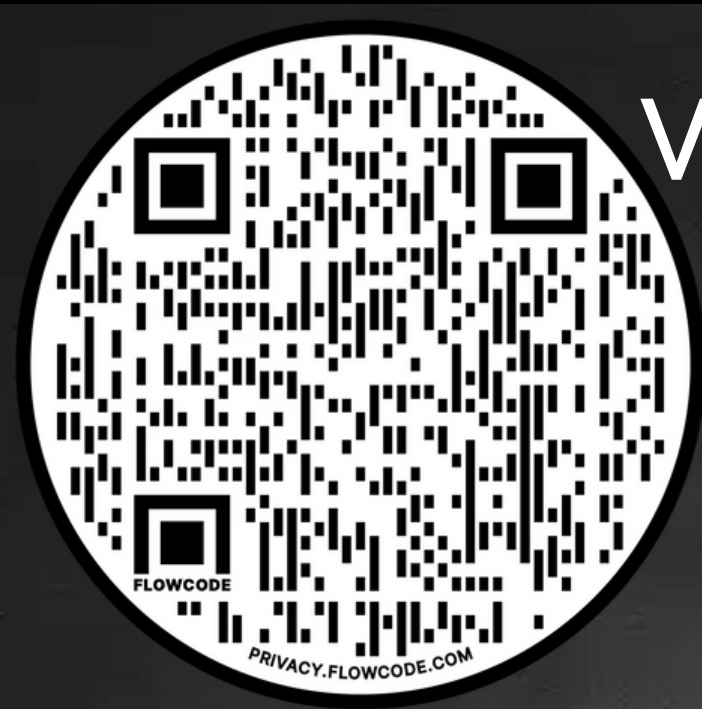
STEP 3

# GET CLEAR ON YOUR VALUES









VALUES ASSESSMENT

STEP 4

# INTERROGATE YOUR INNER IMPOSTER



STEP 5

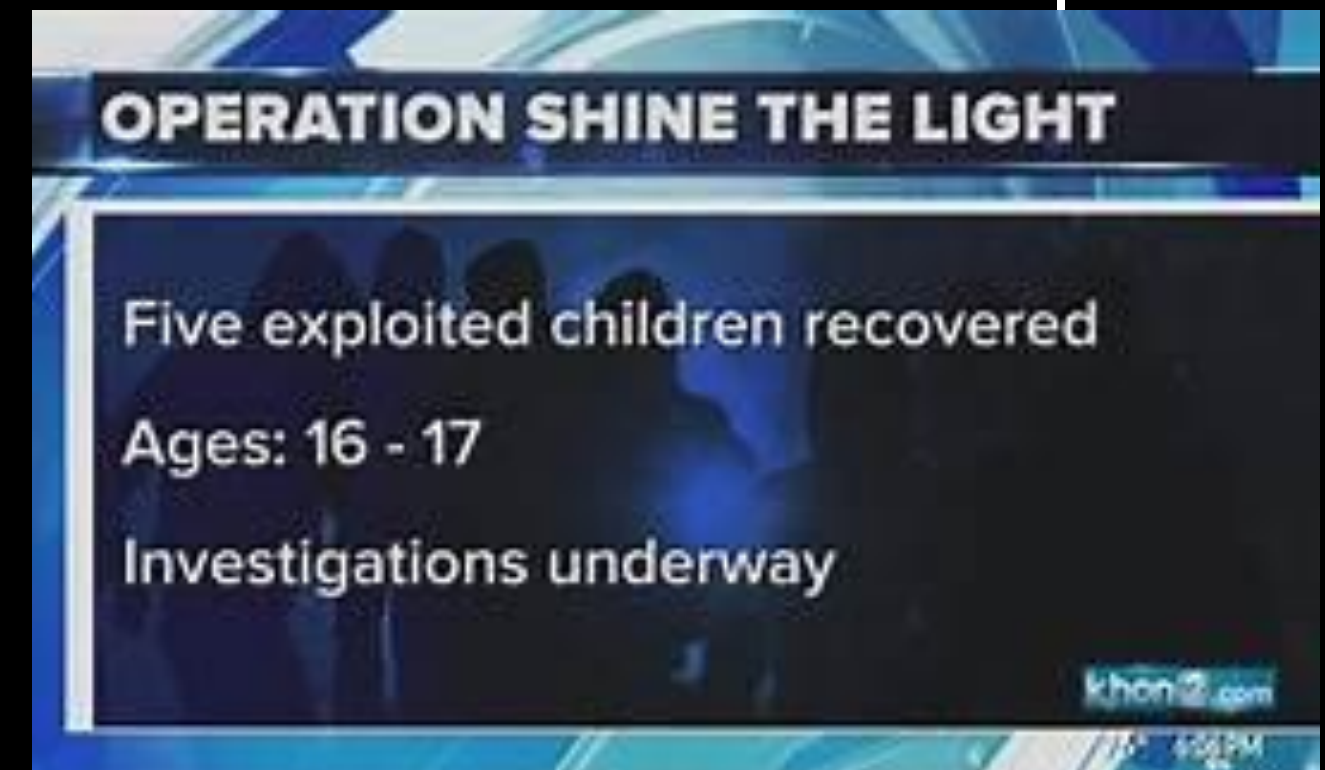
# HARNESS YOUR IMPOSTER





# RESULTS

- 85+ arrests
- 25+ live child victims identified
- 96% conviction/plea rate



A BRIEF NOTE

# SPIRITUALITY





From: [REDACTED]

Sent: F [REDACTED]

**Subject:** Some Inspiration

Hi guys, today I received an out-of-the blue call from a woman named [REDACTED] who I did not know. [REDACTED] told me she was 29 years old and had been a missing child from age 13-18 and is a survivor of sex trafficking. She just wanted to call to thank our office for helping to find her back then but she also wanted to reach and thank [REDACTED] who she said recovered her in [REDACTED] during a sting 10 years ago. Interestingly, she mentioned that she knew [REDACTED] was UC and she went with him that night hoping it would result in her rescue, which it did.

[REDACTED] wants to let [REDACTED] know that she's doing really well now, she's clean, working, met a nice guy and became a mother. I assured her I would relay this wonderful news.

So, some inspiration for you guys while you're in the grind working as hard as you do for victims and justice. Your work is life-saving and life-altering as this example shows. Your work truly matters. Thank you for all you're doing!

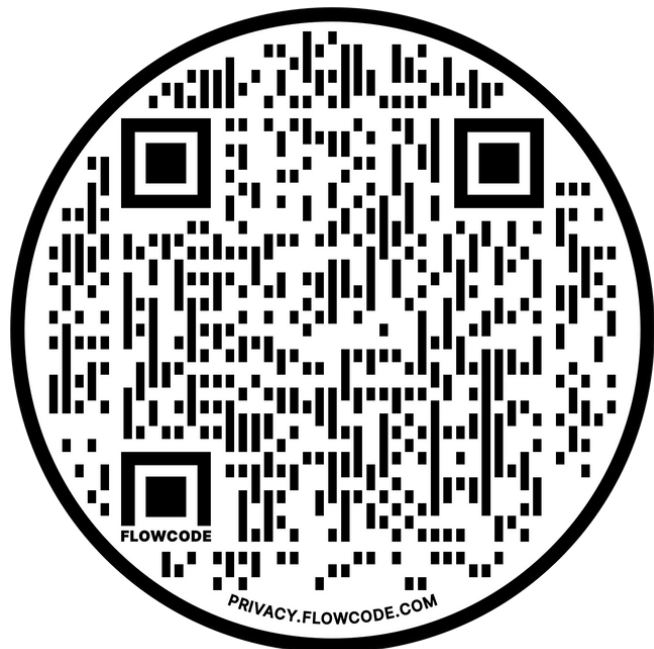
If [REDACTED] is still with [REDACTED] please let me know his contact info so I can share. Thanks!

[REDACTED]

# MY HEROES







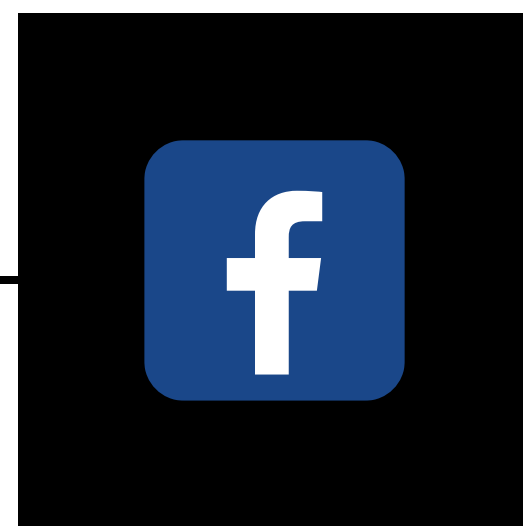
# Thank you!



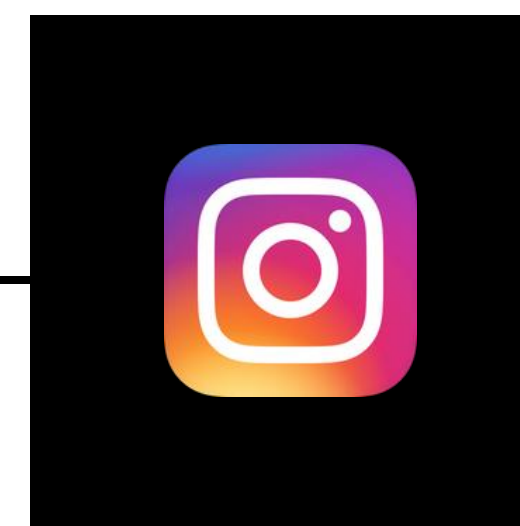
BOOK



LINKEDIN



FACEBOOK



INSTAGRAM

@mightysparrowcoaching