

# **DR JESSAMY HIBBERD BSC, MSC, PGCERT, PGDIP, DCLINPSY**

## *Psychologist, Author, Speaker, Commentator*

Dr Jessamy Hibberd is a Chartered Clinical Psychologist, international bestselling author and speaker on mental health and imposter syndrome. With over 15 years in clinical practice, she runs an online clinic working one to one with adults with common mental health problems.

Dr Jessamy regularly talks on a wide range of topics such as imposter syndrome, overthinking, happiness, confidence, sleep, perfectionism, stress, bouncing back from setbacks and making life changes; and works with businesses, public sector organisations, charities and universities all over the world. Clients include Mishcon de Reya LLP, Visa, Ubisoft, League Managers Association, London Business Forum, Capsticks, ICG and JPMorgan Chase & Co.

Her motto is: "What we do every day makes the biggest difference. It's small steps that lead to the greatest changes." She shared this message, as well as her personal and professional experience of how to find happiness, in her TEDx talk 'Adventure of a Lifetime.'

Dr Jessamy has written nine books including *The Imposter Cure*, described by the Sunday Times as "the definitive guide to understanding and beating imposter syndrome." Her tenth book is due out in January 2026.

One of the UK's leading self-help experts and a go-to media psychologist, Dr Jessamy is regularly quoted in magazines and newspapers, from Good Housekeeping to the Guardian and Take a Break to the Telegraph. She is a mental health expert for Women's Health and appears on National, Regional and Commercial radio as an 'expert' Psychologist and commentator, including Women's Hour, Radio 5 Live and LBC.

Registered with the Health Professions Council and she is a member of the British Psychological Society (BPS) and the British Association for Behavioural and Cognitive Psychotherapies (BABCP). After her doctorate in Clinical Psychology, she completed a post-graduate diploma in Cognitive Behavioural Therapy (CBT) and the Schema Therapy Training Programme. Dr Jessamy is accredited in CBT with the BABCP and qualified as an Advanced Certified Schema Therapist. Most recently she completed a post-graduate certificate at the Tavistock and Portman in Child and family mental wellbeing.

Dr Jessamy's doctoral research was published in the Journal of Occupational and Environmental Medicine: *Coping with the Impact of Working in a Conflict Zone: A Comparative Study of Diplomatic Staff*.

Dr Jessamy Hibberd speaks on a wide range of topics such as

- Imposter syndrome
- Happiness
- Confidence
- Sleep
- Perfectionism
- Stress
- Bouncing back from setbacks
- Making life changes
- Overcoming trauma

### **Recent Keynotes include**

- Understanding imposter syndrome and how to overcome it
- The problems of overthinking - 5 steps to free your mind and focus on what really matters
- Overcoming Imposter Syndrome, building confidence and finding calm
- Imposter Syndrome and Perfectionism
- Adventure of a Lifetime
- A Lecture to my Younger Self

**To check Jessamy's diary, please contact Diana Boulter  
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