



What is Imposter Syndrome?

- Persistent Feelings of Inadequacy
- Chronic Self-Doubt
- Unable to Internalize Accomplishments

ALL of these despite clear evidence of Your Success

Cause

CHILDHOOD:

"For kids approval is like Oxygen. The absence of praise during childhood can make it difficult as an adult to own your accomplishments and feel deserving of success."

WORKPLACE:

- Your Office Feeds Self Doubt
- You Work Alone
- You feel like an "Outsider"
- You are a Woman
- You represent your whole social group



ARE YOU AN IMPOSTER?

1. You Believe you are Fooling Others
2. You Attribute your success to External forces (luck, hard work, charisma)
3. You Fear Exposure as an Imposter

Impact on Your Career

- Less Career Planning
- Create Self Barriers to Advancement
- Less Job Satisfaction
- Less Willing to Take Leadership Role
- Less Willing to Ask for a Raise
- Lack of Career "Optimism"
- Less Career Adaptability & Resilience

How to Overcome Imposter Syndrome

1. Learn to Recognize your Self-doubt
TRICK YOUR SELF OUT OF SELF-DOUBT
2. Rewrite your Mental Programs
"Your task is to figure out 'HOW YOU COME ACROSS AS CREDIBLE, HOW YOU CONVEY YOUR COMPETENCY TO OTHERS, AND HOW YOU COMMUNITE YOUR IDEAS IN AN AUTHENTIC WAY"
3. Reframe your Thoughts
-not FAILURE but a LEARNING OPPORTUNITY
-CHALLENGE is not a THREAT but an OPPORTUNITY
4. Write an affirmation mantra:
"I AM STRONG, I AM COMPETENT, I AM LOVING, AND I AM LOVED"
5. Visualize Your Success
- JOURNAL YOUR ACCOMPLISHMENTS & LEARNING OPPORTUNITIES
- WATCH & LEARN FROM OTHERS



References upon request